



**MENTAL HEALTH
FIRST AID®**
Australia

Talking about Gambling

Aboriginal and Torres Strait Islander Mental Health First Aid

The Talking about Gambling course teaches participants how to provide initial support to Aboriginal and/or Torres Strait Islander adults who may be experiencing gambling problems, until professional help is received or any crises resolves.

Course participants learn how to recognise and respond to gambling problems, and the interventions and supports available, including cultural context to community-based care. The course ensures participants are grounded in social and emotional well-being from an Aboriginal and Torres Strait Islander perspective, equipping them with the skills to provide mental health first aid in a culturally safe and informed way.



Intervene early

Recognise the warning signs for Aboriginal and/or Torres Strait Islander people who may be experiencing harm from their gambling.



Offer support

Learn the skills to have an open, supportive conversation about gambling harm.



Respond in a crisis

Respond to an Aboriginal and/or Torres Strait Islander person who may be at risk of experiencing harm from their gambling.



Reduce stigma

Reduce stigma and shame and increase support to Aboriginal and Torres Strait Islander adults experiencing harm from their gambling.

What you'll learn

Using a practical, evidence-based action plan, participants learn how to approach someone they are concerned about and initiate a conversation about those concerns.

Participants also learn how to offer initial support and information to someone experiencing harm from their gambling and how to encourage the person to seek professional help, and cultural and other supports.

Why attend a Mental Health First Aid training course?



Culturally appropriate and effective

Research has found Aboriginal and Torres Strait Islander Mental Health First Aid courses to be culturally appropriate and effective. Course participants improve their knowledge of mental illnesses, their treatments and appropriate first aid strategies.



Improve confidence

Course participants report improved confidence in providing first aid to Aboriginal and Torres Strait Islander adults.

Duration and format



Face-to-face



5 hours



Thank you for providing us a culturally safe space to learn about sensitive issues relating to our culture and society.



All sessions are led by Mental Health First Aid Australia trained and Licensed Aboriginal and Torres Strait Islander Instructors

The course has been designed to Instructors to draw on their own unique and instrumental local cultural knowledge to enrich the content and enable culturally informed and safe delivery. Individuals or small groups can sign up for a public course near you or online, while larger groups can find a Licensed Instructor to deliver private training in-house or at an agreed venue.



Learning Outcomes

Upon completion of this course participants will be able to:

- Recognise the signs and symptoms that indicate someone may be experiencing gambling problems
- Understand the prevalence of gambling problems in Australia, with specific information about Aboriginal and Torres Strait Islander people
- Understand cultural concepts and considerations from an Aboriginal and/or Torres Strait Islander perspective
- Understand the risk factors and motivations for gambling, and the relationship between problem gambling and mental health problems
- Use an evidence-based action plan to initiate a mental health first aid conversation
- Gain an understanding of the evidence-based, local and cultural supports, resources and treatments available to someone experiencing gambling problems
- Know the barriers to help seeking and how to overcome these
- Understand relapse in the context of gambling problems
- Apply self-care practices as a Mental Health First Aider.



Suitability

Developed by an in consultation with Aboriginal and Torres Strait Islander people, this course is suitable for individuals, workplaces of all sizes, and volunteer and community-based groups. Any adult (aged 18+) can attend.



Take the next step

Visit our Talking about Gambling Aboriginal and Torres Strait Islander MHFA course page at: mhfa.com.au OR contact us at: amhfa@mhfa.com.au to discuss your training needs.