



# MENTAL HEALTH FIRST AID

## February 29 and March 1

Unlock an understanding of mental health and its impact on communities and workplaces. MHFA is a robust program akin to physical first aid, empowering individuals with essential tools for initial support until professional help is available.

This program is facilitated by Darren Peterson, from Take Charge. Darren has lived experience and is Master Principal level trained and is authorized to deliver MHFA training to diverse recipients – workplaces, organizations, communities, and individuals

## EVENT DETAILS

Dates: Thursday 29 February and Friday March 1 2024

Time: 9am to 3pm

Location: Perth Hills Hub  
Shop 5, 6 Haynes Road Kalamunda

Cost: \$300

**Gain insight to common mental illnesses and how to support an individual experiencing:**

- Depression
- Anxiety
- Psychosis
- Substance use problems

**Be prepared to handle mental health crises, including:**

- Suicidal thoughts and behaviors
- Panic attacks
- Traumatic events
- Severe psychotic states
- Extreme effects of substance use
- Aggressive behaviors

**Successful completion of course provides registered participants with 3 years Accreditation to be a recognised Mental Health First Aider**

### Enquiries

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**Join Perth Integrated Health and Take Charge Wellbeing for an impactful MHFA journey – empowering you to make a difference in mental health support!**