



# Standard Mental Health First Aid

**A FREE two-day course to learn skills and gain confidence to support people experiencing mental health challenges.**

**When:** 9am-4:30pm, Thursday 13 & Friday 14  
February 2025

**Your Trainer:** Mark Davies

**Where:** Wickepin Community Resource Centre,  
24 Wogolin Road, Wickepin

**Cost:** Free, incl. morning tea & a light lunch

**Register:** Call 9888 1500 or email  
admin@wickepincrc.com.au

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## What is Mental Health First Aid?

Mental Health First Aid is the help provided to a person who is developing a mental health problem, experiencing a worsening of a mental health problem, or a mental health crisis.

## What you'll learn

Topics will cover a range of common challenges and situations, including:

- anxiety
- depression
- psychosis
- substance use
- suicidal thoughts and behaviours

You'll receive a Standard Mental Health First Aider's manual.

## Become accredited

Complete a short online assessment after the course to become an Accredited Mental Health First Aider for 3 years.