



MENTAL HEALTH FIRST AID *training*



**MENTAL
HEALTH
FIRST AID**
Australia

Can you recognise the signs and symptoms of mental health problems? Do you want to learn how to offer appropriate help and support?

CPSU offers an accredited Mental Health First Aid course, open to our members and other interested individuals. CPSU members can take advantage of an \$110 discount to become an accredited Mental Health First Aider.

Completing our Mental Health First Aid course will help you to develop the skills to support a friend, family member or co-worker.

- Improve your skills in recognising signs and symptoms of mental health problems.
- Learn how to give appropriate initial help and support to those in need.
- Increase your awareness of the best treatment options available.



BECOME AN ACCREDITED MENTAL HEALTH FIRST AIDER

Demonstrate your mental health first aid skills by becoming an Accredited Mental Health First Aider. Complete an online assessment after the course to become accredited.



HOW DO I SIGN UP?

Find out more about our upcoming MHFA courses, and sign up at:



<http://bit.ly/cpsu-mhfa>



HOW MUCH DOES IT COST?

CPSU members – \$85.00

Non-members – \$195.00



NOT A CPSU MEMBER?

Join now and instantly save \$110 on our accredited Mental Health First Aid course - just one of the many benefits our members enjoy.

Not yet a member? Join your union today

cpsu.org.au/join | 1300 137 636