

# Mental Health First Aid for the older person now available!

*This 12 hour course teaches adults how to provide initial support to the older person (65 years+) who is developing a mental health illness or experiencing a mental health crisis.*

## What is Mental Health First Aid for the older person?

Mental Health First Aid is the help provided to an older person who is developing a mental health problem, or who is in a mental health crisis.

Like physical first aid, mental health first aid is given until the person receives professional help or until the crisis resolves.

## Event Details

**Date:** 29th & 30th November  
**Time:** 9am - 5pm both days  
**Location:** Geelong (*venue provided once registered*)  
**Registration:** [www.apmhalliance.com.au](http://www.apmhalliance.com.au)

## Course Content

- Signs and symptoms of mental health problems such as depression, anxiety, confusion and dementia
- How to provide initial help
- What sort of help has been shown by research to be effective
- How to provide first aid in a crisis situation



### Why choose APMHA?

APMH Alliance is a mental health organisation that understands primary health care, mental health, drug and alcohol and community sectors. Our staff are clinicians, as well as trainers with training and education qualifications, enabling them to offer relevant, practical and tailored education to suit your target audiences.

Call 1300 514 811 to discuss your training needs or go to [www.apmhalliance.com.au](http://www.apmhalliance.com.au)



**MENTAL  
HEALTH  
FIRST AID**  
Australia

Mental Health First Aid strategies are taught in evidence - based training courses authored by Mental Health First Aid Australia and delivered by accredited MHFA instructors across the country. The Australian Primary Mental Health Alliance offers MHFA courses as authored by MHFA Australia, delivered by Instructors who are currently accredited by MHFA Australia.