

## **SANiTy WORKSHOP MENTAL HEALTH FIRST AID TRAINING**

**SANiTy** is hosting **2 days of training** for members on **Mental Health First Aid** so service providers can adequately manage issues found prominently within International Education. A full certificate will be awarded if you sit and pass an online test. This certificate will remain current for 3 years.

Dates:	Monday, 22 May and Tuesday, 23 May <b>2017</b>
Time:	9.00 am – 3.30 pm
Location:	Study Adelaide, Level 9 131-139 Grenfell Street, Adelaide
Cost:	\$150.00 for members or \$200 for non-members.

Mental Health First Aid is the help provided to a person developing a mental health problem or in a mental health crisis, until appropriate professional treatment is received or until the crisis resolves (Kitchener & Jorm, 2002).

Recognising and treating depression and other mental health problems in the workplace can reduce the likelihood of the condition becoming compensable. Participants will learn the signs and symptoms of mental health problems, where and how to get help and what sort of help has been shown by research to be effective.

This course has been developed for members of the public and workplaces. Participants will receive knowledge and practical skills in dealing with the following crisis situations:

- Person feeling suicidal, Person having a panic attack, Person who has recently experienced a traumatic event, Person with psychosis who may appear threatening and Person who has overdosed

Participants will also learn how to help others with mental health problems before a crisis develops. The problems covered are: · Depression, Anxiety disorders, Psychosis & Substance abuse disorders

*Mental Health First Aid strategies are taught in training programs developed by Mental Health First Aid™ (MHFA) Australia, a national non—profit health promotion charity focused on training and research. This flyer relates to delivery of this training program by CHG Trainers. Further information about MHFA is available at [www.mhfa.com.au](http://www.mhfa.com.au).*



Training conducted by certified CHG Trainers

**Only 30 places available**

**Due to the high demand, registrations must be in  
asap to guarantee a place (first come first serve basis)**



## REGISTRATION FORM

### Mental Health First Aid Training

Invest in professional development. Morning Tea, Lunch and afternoon tea provided.

A SANiTy Branch Event for International Education Professionals:

Homestay Officers, Marketers, Recruiters, Admission Officers, Advisors, Counsellors and Unit heads.

<b>Name:</b>	
<b>Position:</b>	
<b>Organisation:</b>	
<b>Address:</b>	
<b>Email:</b>	
<b>Telephone:</b>	

ISANA Member:  \$150

Non Members:  \$200

#### I am paying my registration fee by:

Electronic Funds Transfer

Cheque

ANZ

Please make cheque payable to ISANA SA

BSB 015-140

ABN 42335124078

Account Number 1915-65927

ISANA South Australia

#### Completed form and a cheque or EFT remittance to be forwarded to:

Kathy Matthews SANiTy Treasurer

C/- 21 Harris Street EXETER SA 5019

Email: [kmatthews@allianz-assistance.com.au](mailto:kmatthews@allianz-assistance.com.au)

**Please register by Friday 12<sup>th</sup> May 2017.**