

Mental health first aid training for general practice staff

SESSION DETAILS

EMPHN is again offering a discounted 2-day mental health first aid workplace training for general practice staff within the EMPHN catchment.

What is mental health first aid?

Each year 1 in 5 Australians will experience a mental illness. Many people are not knowledgeable or confident to offer assistance. Physical first aid is accepted and widespread in our community, however most do not cover mental health problems. Mental health first aid (MHFA) teaches people the skills to help someone who they're concerned about. [View video here.](#)

EMPHN is offering heavily discounted mental health first aid training for general practice staff within the EMPHN catchment.

With the increasing demand on general practice staff, people presenting in distress, or with poor mental health, EMPHN would like to extend this training opportunity to assist in equipping the general practice workforce. Mental health first aid is for anyone who wants to feel equipped with the right skills to support a person experiencing mental distress.

YOUR TRAINING INCLUDES:

- 2-days of facilitated training, with 2 instructors, both with many years working in the mental health sector
- morning tea, lunch, afternoon tea and refreshments included
- parking available on-site
- hard copy of the Mental Health First Aid manual
- an opportunity to undertake an assessment to become an accredited mental health first aider which lasts for 3 years.

Normally \$300 per person, EMPHN is offering this training for \$50.

Full attendance of both sessions is required. Eligibility criteria:

- for all staff working in general practice only
- [participants must work within EMPHN catchment](#)
- Max of 2 participant per practice
- Be available to attend both sessions

Please note that the \$50 is due on registration to secure your place in the training and is not refundable should you withdraw from the training.



EVENT DETAILS

- Dates:** Thursday 9 May 2024 and Friday 10 May 2024
- Time:** 9am - 5pm
- Venue:** Uni Hill Conference Centre
30 Graduate Rd, Bundoora 3083
- Register:** <https://www.emphn.org.au/new-s-events/events/detail/25348>
- Enquiries:** Josie Terron 9046 0300 or events@emphn.org.au