

Optimising the quality of life for
people living with disability



Rocky Bay

discovering abilities

 **training and
employment**

Mental Health First Aid

This course provides guidance on the initial support you can offer a person experiencing a mental health crisis or developing a mental health problem.



Rocky Bay

trainingrbi@rockybay.org.au

About Mental Health First Aid (MHFA)

MHFA is the help provided to a person who is developing a mental health problem or experiencing 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.

Rocky Bay offers a twelve hour MHFA course to people eighteen years and over. This course offers guidance on how to provide initial support to adults in need using strategies and evidence based training developed by MHFA and delivered by accredited MHFA instructors.

Costs: Please contact us for further information regarding cost and group discounts

Duration: 12 hours (over 2 non consecutive days)

More information

For a full list of course details including dates, costs and accreditation details please visit www.rockybay.org.au

Enrol today contact

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