

Mental Health First Aid

Mental Health First Aid is the help given to someone developing a mental health problem or in a mental health crisis.

The course covers helping adults in the following situations

- Suicidal behaviours
- Acute stress reaction
- Panic attacks
- Acute psychotic behaviour
- Depression
- Anxiety disorders
- Schizophrenia
- Bipolar disorder

Anyone who lives in or is employed or volunteers at a Community Service in Manningham, Whitehorse, Boroondara or Monash can attend.

Date: 4 consecutive Fridays commencing
10th February and concluding 2nd March 2012

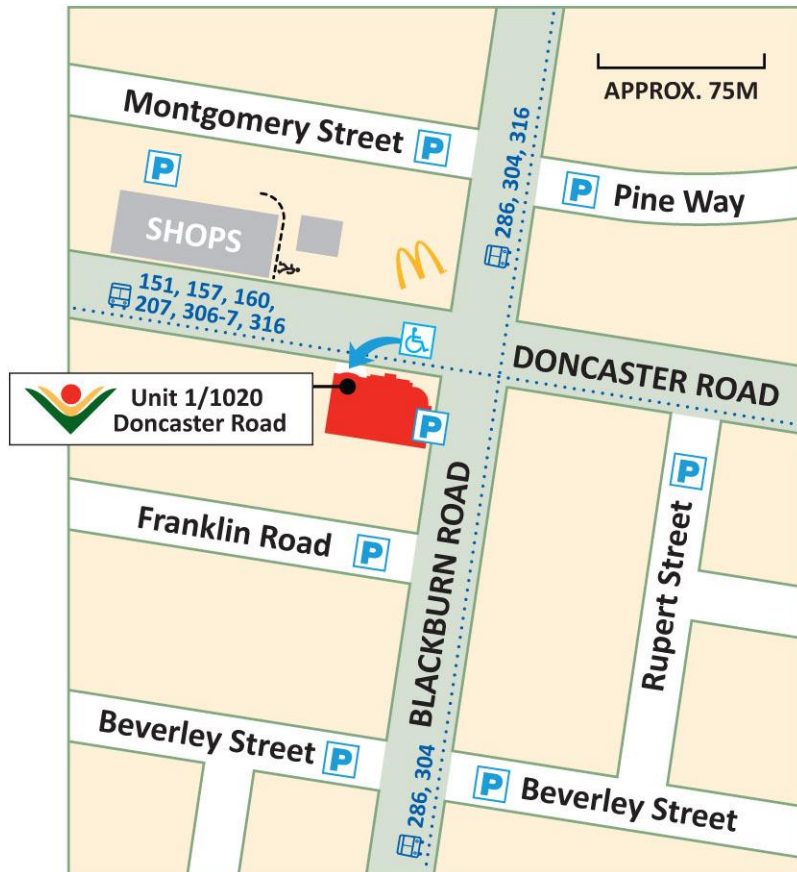
Time: 9am – 12.30pm

Venue: 1/1020 Doncaster Road, Doncaster East

Cost: Due to the support of the Inner East Primary Care Partnership we are pleased to be able to offer this course free of charge.

Enquiries: Please call 8841 3000 for further information and to book.

1/1020 Doncaster Road, Doncaster East



Parking

- 4 visitor parking spaces (2 accessible) are available in front of entrance
- Limited visitor parking in basement, entrance is off Blackburn Road
- Parking available in Franklin Rd and Montgomery St (check signs for parking restrictions)

Public transport

Bus 902, 907 & 207 - Doncaster Rd

Bus 901, 902 & 286 - Blackburn Rd