



12 HOUR STANDARD MENTAL HEALTH FIRST AID COURSE (MHFA)

If you're an adult interested in helping the mental health of your community, this course will teach you how to assist other adults who are developing a mental health problem or who are experiencing a mental health crisis. The course is based on the Mental Health First Aid guidelines and is suitable for everyone including clinical and frontline staff, volunteers and the general public.

Course Format

This is a 12-hour course that needs to be completed over two days. At the end of the course, you will undertake an examination before receiving a Certificate of Completion.

Cost

\$198 (incl GST) per person

*includes manual, lunch, morning & afternoon tea

**To secure your place, please ensure full payment is finalised two weeks before course commences.*

Bookings essential

Campbelltown - 4628 0044

Wollongong - 4227 1122

Nowra - 4421 8248

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For more course dates and to access our FAQ's on this course, visit catholiccare.dow.org.au

