

WHEN:

Thursday 2nd August 2007

Friday 3rd August 2007

WHERE:

**Ocean Centre Hotel
Geraldton
Cnr Foreshore Dr &
Cathedral Ave
Geraldton WA 6530**

TIME:

8.30am – 4.30pm

8.30am start,

8.15am registration

NB. Participants must attend the full two days to complete the full course and receive certification

**COST: \$150 AISWA Members
(Normal charge \$180)**

\$180 Non-AISWA Members

**Register online at:
www.ais.wa.edu.au**

RSVP By

Wednesday 11th July 2007

Please check the AISWA website for alternative dates offered for this course

AISWA Member Schools

GO TO <http://www.ais.wa.edu.au/>

Press 'Login' (on the left hand side of the screen).

Enter 'Teacher Login', then click on 'Not yet registered?' and follow the prompts

Once you have registered as a teacher of an AISWA Member School you will receive your password via email once the principal of your school has authorised this.

You can then get into the Members section

Click onto 'PL Calendar'

(on the right hand side of the screen)

Click onto the PL that you would like to attend, and follow the prompts.

AWARD WINNING PROGRAM



Non members: TO REGISTER
Go to www.ais.wa.edu.au and register through the PL calendar found on the right side menu of the welcome page

Should you need to cancel your registration please do so 48 hours before the event, or we will need to bill your school for the cost of your place.

Where there is a charge for attending that will be the cost incurred.

Where there is no registration fee the school will

be billed for costs incurred by AISWA

(catering etc.)

\$150 for AISWA members

\$180 for Non-AISWA members

Mental Health First Aid Training

Professional Learning Course (CN6318)

What is Mental Health First Aid?

One in five Australian adults will experience a mental health disorder every year. Mental Health First Aid is a two day course developed at The Centre for Mental Health Research at ANU.

GreenApple Development has customised this course specifically for teachers and school staff. This interactive course will equip you with the skills and resources to be able to recognise and respond to someone with an existing or developing mental health disorder.

Mental Health First Aid is the essential other half of your first aid training

Basic First Aid is the initial help given to someone experiencing a physical health problem before professional help arrives. Mental Health First Aid teaches the same skills for mental health disorders.

With such a high incidence of disorders (latest research suggests up to 50 per cent of adults in a lifetime), any one of us may encounter a mental health crisis at home, at work or in a public place.

Skills for dealing with Mental Health issues are not taught in Basic First Aid training, so most of us would not know what to do – in what may be a chronically disabling or life threatening situation.

Developed at the Australian National University, this *multi-award winning*, internationally acclaimed training program will teach participants how to:

- Preserve life (minimise risk of suicide and harm)
- Improve mental health literacy
- Reduce stigma
- Recognise different mental health disorders
- Explore treatment and resources for common disorders
- Apply crisis first aid for acute situations.

MODULES:

What are mental health disorders?
Depression
Anxiety
Psychosis
Substance Use disorder