OLDER PERSONS MENTAL HEALTH FIRST AID

STARS ⭐

Over 2 full days learn about common mental health problems in the older person, and how to offer effective initial help.

MHFA Australia has developed a 12-hour face-to-face Older Person Mental Health First Aid (OPMHFA) Course for families and carers assisting people aged 65+. The aim is to train the community to respond appropriately as early as possible to older people developing mental health problems. Participants will learn about the signs and symptoms, how to offer initial help, where and how to get professional and other help, what sort of help has been shown by research to be effective, and how to provide first aid in a crisis situation. This training is highly recommended for CHSP funded staff and will be delivered over two days with attendance at both days required. The course will cover:

Mental Health Problems:

- Depression
- Anxiety problems
- Confusion and dementia
- Psychosis.

Mental Health Crisis Situation:

- Suicidal thoughts and behaviours
- Panic attacks, and delirium
- Unsafe behaviours due to confusion
- Challenging behaviours due to confusion.

When:

Fridays 17th and 24th June 2022
9:30 am to 4:30 pm (Both days must be attended)

Where:

Mervyn Fletcher Hall,
84 Dalhousie St, Haberfield NSW 2045

Facilitators: **Danni Meredith,** RN, OPMHFA & SMHFA accredited adult educator trainer and **Jane Massa**, Coordinator, Suicide & Depression Prevention, OPMH, SLHD, BA Hon (Psych) trainer

Cost: $25 CHSP staff and volunteers (Priority given to CHSP staff)

Registrations via: www.4cs.org.au/civicrm/event/info?reset=1&id=261

Funded by the Australian Government Department of Health

NSW Health — Sydney Local Health District

Enquires **Leonie** on **9750 9344** or **leonie.puckeridge@4cs.org.au**

Canterbury City Community Centre — Community Building Community

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