



## **OLDER PERSON**

# **FREE** Mental Health First Aid Courses in the Yarra Ranges

*Are you a Yarra Ranges resident who volunteers in the Yarra Ranges? Would you like to increase your confidence in responding to people experiencing mental health problems? Learn how to provide mental health first aid to friends, family members, co-workers and other adults in your community.*

The Older Person Mental Health First Aid course will teach you how to assist a person aged 65+ who may be experiencing a mental health problem or mental health crisis until appropriate professional help is received or the crisis resolves, using a practical, evidence based Action Plan.

This course is based on guidelines developed through the expert consensus of people with lived experience of mental health problems and professionals.

### **Mental health problems covered:**

- Depression and anxiety
- Confusion and dementia
- Psychosis

### **Mental health crises covered:**

- Suicidal thoughts and behaviours
- Panic attacks
- Delirium

- Unsafe and challenging behaviours due to confusion

By learning these skills you can make a difference in the lives of adults in your community.

**Please Note:** This course is not a therapy or support group.

### **Why Council is funding MHFA Courses:**

The COVID-19 pandemic and associated restrictions have had a significant impact on community mental health and wellbeing. Council has committed funding for MHFA training to community members who have the networks and capacity to provide MHFA in their volunteer role, workplace or local community. The training will be rolled out in 2022.

### **Format:**

The course is face to face delivery but some computer literacy and access to a computer or tablet and internet is required for a final online evaluation.



## Eligibility for participation

Participants must be Yarra Ranges residents and must be active volunteers in the Yarra Ranges. Eligibility will be checked via an Expression of Interest process before registration is confirmed.

## What is the format?

This is a 12-hour course, delivered over 2 days of training. Lunch is provided on both days at no cost.

## Course dates

Monday 17 & 24 January 2022

## Time

9.00am - 5.00pm

## Venue

Montrose Town Centre,  
935 Mt. Dandenong Tourist Road,  
Montrose, 3765



## Expression of Interest

Please express your interest:  
[eventbrite.com.au/e/older-person-mental-health-first-aid-training-17-24-of-january-2022-tickets-167827660049](https://eventbrite.com.au/e/older-person-mental-health-first-aid-training-17-24-of-january-2022-tickets-167827660049)

## Registrations close on:

Monday 20 December 2021.

Please note that this course is **FREE** for those who register and complete the course. If participants are accepted for the course but do not achieve accreditation, Council will be required to invoice the registered participant for the cost of the place - \$155.

## Additional support available

There are limited funds available to reimburse participants for data usage for those experiencing financial difficulty. Please make a request to:

Michael Goodrich,  
[m.goodrich@yarraranges.vic.gov.au](mailto:m.goodrich@yarraranges.vic.gov.au)  
Your request will be kept confidential.

## Further information

For further information please contact:  
Chantal McKenna,  
[c.mckenna@yarraranges.vic.gov.au](mailto:c.mckenna@yarraranges.vic.gov.au) or  
Michael Goodrich,  
[m.goodrich@yarraranges.vic.gov.au](mailto:m.goodrich@yarraranges.vic.gov.au)  
or call 03 9294 6592.