



Mental Health First Aid for the Suicidal Person

Free 4 hour Workshop

When: Wednesday 4th April 2018

Where: Bowral Library
18 Bendooley St Bowral

Time: 1.00pm-5.00pm

Register via [Eventbrite.com.au](https://www.eventbrite.com.au) (search Lifeline Macarthur) or copy the link below:

<https://www.eventbrite.com.au/e/mental-health-first-aid-for-the-suicidal-person-tickets-43573646951>

What is the Mental Health First Aid for the Suicidal Person Course?

This new course is based on our expert consensus guidelines 'Suicidal Thoughts and Behaviours: First Aid Guidelines'. Curriculum content is evidence-based, with the input of mental health professionals, researchers and consumer advocates.

Training consists of 4 hours face-to-face training and course participants receive a handbook and online certificate of completion. Any interested adult can attend.

This course is not a therapy or support group or a postvention course, rather it is an education course and it is important that people undertaking the course are feeling relatively robust when they undertake it. It is not recommended for individuals recently bereaved by suicide.



Here's how you can offer supportive action to help a friend, family member or co-worker with a mental health problem or experiencing a mental health crisis.

