

# Mental Health first aid now available



St John Ambulance (Qld)  
total first aid solutions.

In Australia, 7 million people will suffer from a mental illness at some time in their life.

In association with Mental Health First Aid, St John Ambulance (Qld) is offering the Mental Health First aid course to Rockhampton residents.

Course participants learn how to support a person experiencing a mental health crisis and how to identify the early stages of someone developing the illness. NB: This course is an education course, not a therapy or support group.

**Mental Health First Aid**  
**Monday 1 July - Tuesday 2 July**  
**Enterprise Centre**  
**10 / 214 Quay Street**  
**Rockhampton**

**Course cost: \$180 per person.**

The St John Mental Health First Aid course content includes information on anxiety, depression, psychosis and substance misuse as well as how to manage situations such as suicidal thoughts, self-harm, panic attacks, post-traumatic stress, severe psychotic states, severe effects of alcohol and drugs and aggressive behaviours.

This is not an accredited course. A Certificate of Completion will be issued upon successful completion of the course.



**BOOK TODAY**

**(07) 4927 8877**

**[www.stjohnqld.com.au](http://www.stjohnqld.com.au)**