



# WANT TO HELP the mental health of your community?

## Attend a 12-hour Standard Mental Health First Aid (SMHFA) Course

**This course teaches first aid skills for adult members of the public to give initial help to adults experiencing mental health problems, in a mental health crisis situation or in the early stages of a mental illness.**

**Where** Training room (upstairs), Millicent Hospital, Mount Gambier Road in Millicent

**When:** 19 + 26 February plus 4 + 11 March 2020, 5.30 till 8.30pm

**Instructor** Joan Oldfield

**Cost:** \$30.00; to be paid at registration (closes 16 Febr.)  
Registration on the day is not possible.

If you're interested in attending this 12-hour SMHFA course, please

**Registrations to:** Nel Jans, Coordinator the South East Junction,  
Mental Health Activity and Resource Centre Inc.  
04 77886450  
junctioncoord@gmail.com

**Additional information:** For certification all 4 weeks need to be attended.  
No cancellation refunds after 10 February



**For further information about  
Mental Health First Aid Australia,  
please visit our website at:  
[www.mhfa.com.au](http://www.mhfa.com.au)**