



HUNTER NEW ENGLAND
NSW HEALTH



The NSW Health Service

in partnership with:

The Rural Mental Health Network
The Centre for Rural and Remote Mental Health
The Australian Centre for Agricultural Health & Safety
NSW Farmers Association
The Country Women's Association of NSW
(Mental Health & Drug & Alcohol Division)

is conducting a two-day

Mental Health First Aid Training Course

WHERE: Narrabri RSL Club
WHEN: Monday 2 and Tuesday 3 July
TIMES: 9am – 5pm Both Days (Breaks for Lunch & M/A Tea)

COST: *Free of charge*

Lunch and refreshments will also be provided on both days. Please notify us prior if you have any special dietary requirements.

HOW TO REGISTER: As places are limited please complete the attached registration form and forward by phone, fax, e-mail or post no later than 1 week prior to workshop commencement date to:

Ms Georgia Pollard
Centre for Rural & Remote Mental Health
Forest Road, Orange NSW 2800

Phone: (02) 6360 7932 Or (02) 6360 7823
E-mail: Georgia.Pollard@gwahs.health.nsw.gov.au

Fax: (02) 6361 2457





What is Mental Health First Aid?

- If you have either done a First Aid course, or know someone who has, you will know how valuable the course is in contributing to saving lives and giving people skills to help an injured person before medical treatment is available.
- You will also recognise that First Aid skills are critically important in country areas.
- Mental Health First Aid is just as vital in that it provides initial help to a person with a mental health problem before medical treatment can be obtained.

Why do people in country areas need Mental Health First Aid?

- Mental health problems have a profound effect on people's lives, and the lives of their family. In any one year, approximately 6% of people have a depressive disorder and 10% an anxiety disorder, often accompanied by significant disability.
- In country areas there are additional factors such as isolation, drought, and lack of regular income, which impact negatively on mental health and exacerbate mental health problems.
- There are people in your district with mental health problems which may be undetected and/or untreated. Sometimes their illness will not be obvious - however, the impact on their ability to function and cope with the additional challenges of living and working in the bush is startling.

This is an opportunity for you to:

- Receive education about mental health problems
- Develop an increased understanding in recognising, assisting and managing mental health problems in the community
- Build a culture of confidence in assisting and supporting farmers in accessing appropriate health care

This workshop includes:

- Well researched information regarding mental health problems and illness
- An overview of some signs and symptoms of mental health problems
- A practical 5-step guide to mental health first aid
- Information regarding current research in proven treatment methods

Your investment - 2 days. The benefits for your local community - priceless!



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NSW Health Mental Health First Aid Training Course
Narrabri RSL Club
Monday 2 and Tuesday 3 July

Registration Form

*** Attendance is free of cost, with morning/afternoon tea and lunch provided.**

Name:			
Occupation:			
Organisation:			
Address:			
Phone:		Fax:	
Mobile:		Email:	
Special Needs:			
<i>e.g. diet</i>			

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