

September 2025

ACEN Australia's Social Investment Program (SIP) is our voluntary contribution to Gulgong. Totalling \$200,000 throughout the construction of the project, funding is available to not-for profit organisations and activities that directly benefit and enhance the liveability and vibrancy of the Gulgong community. We are proud to partner with Lifeline Central West, to ensure this training is fully funded for participants.

Standard Mental Health First Aid

The Standard Mental Health First Aid® (MHFA®) course teaches participants how to provide initial support to another adult who may be experiencing a mental health problem or mental health crisis, until professional help is received, or the crisis resolves.

Course participants learn about the signs and symptoms of common mental health problems in adults, how to recognise and respond to an emerging or worsening mental health problem and the treatments and supports available.



Intervene early

Recognise the warning signs of mental health problems in other adults.



Offer support

Learn the skills to speak openly and accurately about mental health.



Learning Outcomes

Upon completion of this course participants will be able to:

- Recognise the signs and symptoms of mental health problems in adults
- Use an evidence-based action plan to initiate a mental health first aid conversation
- Assess for a range of crisis situations and provide initial support
- Understand the prevalence and impact of mental illnesses, risk factors and treatments and supports available
- Apply self-care practices as a Mental Health First Aider.



Respond in a crisis

Respond across a range of crisis situations where an adult may be at risk of harm.



Reduce stigma

Reduce stigma and increase support for adults experiencing and living with mental health problems.

Adults who complete a Standard MHFA course become Mental Health First Aiders (MHFAiders), equipped with the knowledge, confidence, and skills to provide mental health information and support when it matters most.

The Standard Mental Health First Aid course is based on guidelines that are informed by people with lived experience, their caregivers and health professionals.

FOR FURTHER INFORMATION:

CALL 1300798258

EMAIL training@lifelinecentralwest.org.au

Date: Monday 22nd & Tuesday 23rd September 2025

Time: 9:00am to 4:00pm on both days

Venue: Gulgong RSL Club, 64 Herbert Street, Gulgong NSW 285

Cost: FULLY - FUNDED | Morning tea and lunch provided

Register: https://lifelinecentralwest.org.au/event/acen01_mhfa_gulgong

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Anyone can have a conversation that may save a life. Everyone should know how.