

Media Release

9 March 2021

Free mental health course designed to help you develop the skills to support others

Gladstone Neighbourhood Centre, supported by Gladstone Regional Council, is providing a free Mental Health First Aid course designed to teach people the required skills in order to give mental health 'first aid' to others who may be struggling.

Mental Health First Aid (MHFA) courses are based on evidence of what is best practice mental health first aid in order to support someone who has a mental health problem or is experiencing a mental health crisis.

All MHFA courses are accredited and evaluated using rigorous scientific methods, to ensure they are having a positive impact.

Gladstone Region Mayor Matt Burnett said an opportunity is now available for residents to tap into this positive impact by registering for the upcoming Mental Health First Aid training course.

The training course will be held across two days on Monday 29 and Tuesday 30 March, 9am to 5pm at the Community Engagement Centre (142 Goondoon Street), with RSVP due by 5pm on 24 March for catering purposes.

"Many people take a first aid course to prepare for the day when they might need to assist someone who is physically sick or injured, so it makes perfect sense to offer a similar course in relation to mental health," Councillor Burnett said.

"Mental health is a subject that is quickly losing its stigma, but there is still more work that can be done.

"Around one in five Australian adults experience a common mental illness each year, so understanding how to talk about mental health and help someone is an important life skill.

"The Mental Health First Aid Course is being provided by the Gladstone Neighbourhood Centre, which is funded by the Department of Communities, Housing and Digital Economy."

Cr Burnett said training outcomes of the MHFA course include four key aspects: Knowledge (in order to increase mental health literacy), Confidence (in providing mental health first aid), De-stigmatising (decreasing stigmatising attitudes) and Support (increasing the support provided to others).

"This course will teach participants to recognise common mental health problems, how to provide initial help to someone experiencing a mental health problem using a practical, evidence-based action plan, and how to respond in a crisis situation," Cr Burnett said.

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For further information contact Council's Brand and Communications Team on 4970 0700 or media@gladstone.qld.gov.au

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“During the course, participants have the opportunity to practice new skills in a safe environment.”

Cr Burnett said the MHFA course came about as a Health and Well-being deliverable from Gladstone Regional Council’s COVID-19 Recovery Plan, who engaged with Gladstone Neighbourhood Centre to provide this free course to community members.

“The need to increase mental health provision services was identified as a result of community consultation and engagement,” he said.

“Ultimately, by facilitating initiatives such as free Mental Health First Aid training we can build stronger and resilient communities.”

DETAILS

WHEN: Monday 29 and Tuesday 30 March 2021

TIME: 9am to 5pm (includes breaks and lunch, catering provided)

WHERE: Community Engagement Centre (142 Goondoon Street)

RSVP: By 5pm on Wednesday 24 March (maximum capacity of 20 people). Contact the Community Engagement Centre on 4976 6300 to book.

Please note this is an education course designed to teach people the skills to give mental health first aid to others, it is not a therapy or support group.

ENDS