



MENTAL HEALTH FIRST AID

This 2 day course assists the Veterinary Profession to provide Mental Health First Aid to colleagues

The incidence of suicide in the veterinary profession remains significantly higher than that of the general population. Many of us have had close colleagues who are no longer with us and as a community we grieve their loss and look for answers.

What is Mental Health First Aid?

Mental health first aid is the help provided to a person who is developing a mental health problem, or who is in a mental health crisis (e.g., the person is suicidal or has had a traumatic experience). Like physical first aid, mental health first aid is given until the person receives professional help or until the crisis resolves.

Day 1

Session one

- Mental illnesses
- Mental health first aid
- Depression

Session two

- MHFA action plan for depression
- Anxiety

Day 2

Session three

- MHFA action plan for anxiety
- Psychosis

Session four

- MHFA action plan for psychosis
- Substance misuse
- MHFA action plan for substance misuse

Course outline

Mental health first aid strategies are taught in evidence-based training courses authored by Mental Health First Aid (MHFA) Australia and delivered by accredited MHFA Instructors across the country.

Course instructor

Rosie Overfield from Provet / Crampton Consulting Group is an accredited MHFA Instructor and has worked in the veterinary industry for nearly 20 years.

Who can attend an MHFA course?

This course has been specifically designed to provide initial support to veterinary practice staff, nurses and practice managers.

Cost

AVA in partnership with Provet, Greencross, VNCA and ARH are supporting this initiative. The cost to attend this course will be \$295 which will cover instructor fees, manual, course materials, certification, catering and other mental health support information.



Registrations now open
etouches.com/mhfaworkshops

Where are MHFA courses being held?

Brisbane

11–12 October 2016
9.00am–5.00pm

Provet Training Rooms

48 Bell-Are Avenue
Northgate Brisbane 4013

Sydney

13–14 October 2016
9.00am–5.00pm

Animal Referral Hospital

Seminar Rooms
250 Parramatta Road
Homebush NSW 2140

Adelaide

18–19 October 2016
9.00am–5.00pm

Provet Training Rooms

Unit C, 5 Butler Boulevard
Adelaide Airport SA 5950

Melbourne

25–26 October 2016
9.00am–5.00pm

Greencross

AEC Moorabbin
248 Wickham Road
Highett VIC 3190

Perth

9–10 November 2016
9.00am–5.00pm

Provet Training Rooms

1936 Beach Road
Malaga WA 6090