



Health



2 Day Mental Health First Aid Training Courses for CSU Staff, CSU Partners and Community Members

Five x 2 Day MHFA training workshops are planned to be held between February and April at selected CSU Campuses in the following locations:

Orange, Thurgoona, Dubbo, Wagga Wagga and Bathurst

Who Should Attend?

The NSW Health funded Rural Adversity Mental Health Program (RAMHP), in collaboration with the Western, Murrumbidgee/Southern NSW Area Health Districts and CSU, are delighted to offer these workshops specifically for CSU staff, CSU partners and invited community members.

Course Outline:

The course covers helping people in mental health crisis situations and/or in the early stages of mental health problems.

Participants will learn the signs and symptoms of common mental health problems, where and how to get help and what sort of help has been shown by research to be effective.

Presenters: (2 per workshop)

Di Gill, Marg Greig, Merylyn Limbrick, (RAMHP), Geoff Simmons (CSU) and Fiona Perrett (SNSW-LHD)

What to bring to the course?

All necessary resources are provided although participants are free to take a pen and paper for note taking if they wish.

Fees:

Free of Charge

Refreshments:

Morning Tea, Lunch and Afternoon tea are provided at no cost for both days.

Course Applications:

Complete the attached registration form and return either electronically, by post, fax or over the phone to the details shown below.

Georgia-Lee Pollard
RAMHP MHFA Coordinator,
Centre for Rural & Remote Mental Health,
Locked Bag 6005 Orange, NSW 2800
P: (02) 6363 8426 **F:** (02) 6361 2457
M: 0428 693 662
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For any last minute information please call Di Gill on 0427 460 430



Supported by
the NSW Health
Rural Adversity
Mental Health
Program
'RAMHP 11-12'





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Registration Form

* Attendance is free of cost, with morning/afternoon tea and lunch provided.
Please circle your preferred location - Please Print Clearly

Location	Venue	Dates	Name:	Age: (years)	
Orange	Conference Room, Orange CSU Campus	6 – 7 Feb	Do you work on a farm?	Male: <input type="checkbox"/>	Female: <input type="checkbox"/>
Thurgoona	The Boardroom, Gordon Bevan Building, Thurgoona CSU Campus	6 – 7 Feb		Are you of Aboriginal or Torres Strait Islander descent?	Yes <input type="checkbox"/>
Dubbo	Room TBA	3 rd Week in Feb	Occupation & Organisation:		
Wagga Wagga	Room TBA	3 rd Week in Apr	Postal Address:		
Bathurst	Foundation Room, CPD Bathurst CSU Campus	26 – 27 Apr	Phone:	Post Code:	
<p>All courses commence at 9.00am and conclude at 5.00pm (approximately).</p> <p>For any further information please call Di Gill on 0427 460 430</p>			Mobile:	Email:	
			Special Needs: ie: Diet, Access Requirements etc		

* Please phone, fax, e-mail or post completed registration forms to:

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