

OLDER PERSONS MENTAL HEALTH FIRST AID



Over 2 full days learn about common mental health problems in the older person, and how to offer effective initial help.



MHFA Australia has developed a 12-hour face-to-face Older Person Mental Health First Aid (OPMHFA) Course for families and carers assisting people aged 65+. The aim is to train the community to respond appropriately as early as possible to older people developing mental health problems. Participants will learn about the signs and symptoms, how to offer initial help, where and how to get professional and other help, what sort of help has been shown by research to be effective, and how to provide first aid in a crisis situation.

This training is highly recommended for CHSP funded staff or volunteers and will be delivered over two days with attendance at both days required. The course will cover:

- Depression
- Anxiety problems
- Confusion and dementia
- Psychosis
- Suicidal thoughts and behaviours
- Panic attacks, and delirium
- Unsafe behaviours due to confusion
- Challenging behaviours due to confusion.

When: Fridays 11th and 18th August 2023,
9:00 am to 4:00 pm

Cost: Free for staff & volunteers in aged services
(priority of access to CHSP funded services)

Facilitator: Jane Massa, Coordinator, Suicide Depression
Prevention, OPMH, SLHD, BA Hon (Psych) & OPMHFA trainer

Venue: Graham Yarroll Room, Haberfield Library
78 Dalhousie Street, Haberfield 2045



Register here



**Health
Sydney
Local Health District**

Funded by the Australian Government Department of Health and Ageing

Enquires 9750 9344 or leonie.puckeridge@4cs.org.au

