

## Other Training offered by WCIG Training Services

- Basic & Intermediate Computer Skill Courses
- First Aid Level II
- Cert III in Children Services
- Cert III in Business
- Cert II in Retail
- Short courses:
  - Food Handler's Certificate
  - Level II First Aid

Many other courses are also available...

Contact WCIG for a copy of our Course Guide (03) 9689 3437 or visit [www.wcig.org.au](http://www.wcig.org.au)

## WCIG Offices

### FOOTSCRAY

#### Head Office

151 Nicholson Street,  
Footscray, VIC 3011  
Tel: (03) 9689 3437 (voice/TTY)  
Fax: (03) 9689 9093

### MELTON

237—239 Station Road,  
Melton, VIC 3337  
Tel: (03) 8736 1000  
Fax: (03) 8736 1050

### MOONEE PONDS

Suite 7/5 Everage Street  
Moonee Ponds, VIC 3039  
Tel: (03) 8371 0050  
Fax: (03) 8371 0099

### SUNSHINE

Shop 2, 27-35 Clarke Street,  
Sunshine, VIC 3020  
Tel: (03) 9311 9411  
Fax: (03) 9311 8843

### ST ALBANS

352A Main Road West,  
St Albans, VIC 3021  
Tel: (03) 9364 6199 (voice/TTY)  
Fax: (03) 9364 6425

### WERRIBEE

Suite 10, Level 1, 75 Watton Street,  
Werribee, VIC 3030  
Tel: (03) 9731 0477 (voice/TTY)  
Fax: (03) 9731 0674



## Mental Health First Aid Training



[www.wcig.org.au](http://www.wcig.org.au)

Registered Training Organisation - TOID 4185

[www.wcig.org.au](http://www.wcig.org.au)

## Venue, Dates & Times

### Mental Health First Aid

#### Training – 2 Days

Dates: 2<sup>nd</sup> & 3<sup>rd</sup> August 2010

Where: WCIG Footscray

Times: 9.30am – 4.00pm

Cost: \$250.00

#### Attendance is compulsory for all sessions

Please Note: Prices and course dates may be subject to change.

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#### WCIG Training Services will require full payment before commencement of the training program.

A refund will be given if enrolment is cancelled 7 working days prior to commencement of training.

Organisations can be invoiced on presentation of purchase order/letter of authority

## Who should attend?

Any person who would like to gain a better understanding of mental health issues, and be able to help provide initial support for someone with a mental health problem.

## Course Outline:

This course was developed in 2000 with the aim to improve the mental health literacy of members of the Australian community.

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

Crisis situations covered are:

- Suicidal behaviours/thoughts
- Acute stress reaction
- Panic attacks
- Acute psychotic behaviour

Mental health problems covered are:

- Depression
- Anxiety disorders
- Schizophrenia
- Bipolar disorder

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

## What's in it for me?

- \* A Certificate of Completion issued by the Australian National University
- \* Enhance your skills and develop new ones
- \* Gain confidence working with people with a mental health problem

## How to enrol...

Applicants must complete a Language, Literacy and Numeracy assessment and complete an enrolment form to participate.

**You can visit our website or contact WCIG Training Services for an enrolment form.**

For queries including payment, registration of interest, details of any pre-requisites for the course and any additional queries

**Contact WCIG Training Services  
(03) 9689 3437**