

Public Courses 2009-2010

GreenApple Development is offering a series of public Mental Health First Aid courses, designed especially for individuals or small organisations who may wish to send one of two staff along to learn mental health first aid.

Adult Mental Health First Aid:

- 🍏 Thursday 15 and Friday 16 October
- 🍏 Thursday 3 and Friday 4 December
- 🍏 Thursday 11 and Friday 12 February
- 🍏 Thursday 22 and Friday 23 April
- 🍏 Thursday 17 and Friday 18 June
- 🍏 Thursday 19 and Friday 20 August
- 🍏 Saturday 16 and Sunday 17 October
- 🍏 Thursday 9 and Friday 10 December

Youth Mental Health First Aid:

- 🍏 Monday 15 and Tuesday 16 March
- 🍏 Monday 19 and Tuesday 20 July
- 🍏 Thursday 4 and Friday 5 November

Adult MHFA course cost is \$250+GST, Youth MHFA course cost is \$300+GST which includes lunch and all course materials.

Courses are held at GreenApple House, 317-319 Pier Street, Perth (opposite Members Equity Stadium).

Would you know
what to do
in a *crisis*?

For further information:

Tel. (08) 9260 9999

Fax. (08) 9260 9990

info@gamhs.com.au

www.gamhs.com.au

One in five
Australian adults
experience a
mental illness
during their life

About us

GreenApple Development is a training and education service, provided by GreenApple Mental Health Services.

GreenApple Mental Health Services aims to provide a range of holistic services and programs to assist people with mental health issues and reduce the stigma attached to mental illness.

GreenApple Development was established in 2005 and specialises in the delivery of a range of mental health related training such as Mental Health First Aid, Promoting Mental Health & Wellbeing as well as providing a consultancy service.

What is Mental Health First Aid?

Mental Health First Aid is the initial help given to someone experiencing a mental health problem before professional help is sought.

The philosophy behind the course is to reduce stigma associated with mental illness and to improve mental health literacy so as to prevent mental health crises through early intervention.

Our products and services

Adult Mental Health First Aid

Mental Health First Aid is a 12-hour certificate course, developed by the Centre for Mental Health Research at the Australian National University, to improve the mental health literacy of the community. Mental Health First Aid will teach participants about the most common mental health disorders and how to respond in a crisis situation.

Youth Mental Health First Aid

Often a mental health disorder develops during adolescence and early adulthood; Youth Mental Health First Aid will teach participants about the mental health disorders and crisis situations that are common to this age group. Youth Mental Health First Aid is a 14-hour certificate course, aimed at adults who have frequent contact with young people.

Promoting Mental Health and Workplace Wellbeing

Considerable attention has been focussed on mental illness within the Australian business sector, particularly the issues of depression and substance abuse. This eight hour workshop addresses these topics and more.

Introduction to Mental Health First Aid

A dynamic two hour presentation suitable for groups of up to 40 people.

Delivery options

Public Courses

Mental Health First Aid is delivered on a public training calendar. Dates and a booking form can be downloaded from our website at www.gamhs.com.au.

Private Courses

Adult and Youth Mental Health First Aid courses can be customised to meet your organisation's needs. Alternatively we can customise any of the four modules of Mental Health First Aid to be delivered a workshop or information sessions at your premises or our training facility in Pier Street, Perth.

Workshops

We can deliver customised half or one day workshops for up to 40 participants, at your premises, covering selected modules of Mental Health First Aid.

when it comes to
the crunch
... greenapple
delivers