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# Mental Health First Aid Training Course

## What is Mental Health First Aid?

Mental Health First Aid is the help offered to a person developing a mental health problem, a worsening of an existing mental health problem, or experiencing a mental health crisis.

Mental health first aid is the help provided *before* appropriate professional help can be obtained.

## What is Mental Health First Aid Training?

Mental Health First Aid (MHFA) Training is an award winning 2-day training course which aims to improve mental health awareness.

*The MHFA program has solid evidence for its effectiveness* – it increases knowledge and awareness about mental health, reduces stigma and, most importantly, increases supportive actions.

Mental Health First Aid (MHFA) Training teaches participants:

- How to recognise the cluster of signs and symptoms of different mental health problems, illnesses and mental health crises.
- How to provide initial help and support to a person with a mental health problem or experiencing a mental health crisis.
- How to guide a person towards accessing appropriate professional treatments and other help.

**Greg Seberry is accredited to deliver the MHFA training course.**

## Who can attend Mental Health First Aid Training?

Our MHFA course is open to anyone with an interest in learning more about mental health and supporting people with mental health problems.

There are no course prerequisites or assumed knowledge requirements.

Our MHFA course is presented in a relaxed, engaging, inclusive and trauma-informed delivery format. Our course has a workplace focus, but is also relevant to broader community and family contexts.

## Greg Seberry is delivering a 2-day MHFA Training Course in Canberra on:

- **28 & 29 October 2026**

**Venue: Abode Hotel Woden** 10 Bowes Street, WODEN ACT 2606.

**Registration:** See the Course Registration Form attached.

## Course Content

The course covers a range of mental health disorders, including:

- Depression
- Anxiety
- Bipolar disorder
- Schizophrenia
- Substance use disorder.

The course also covers mental health crisis situations, including:

- Suicidal thoughts and behaviours
- Non-suicidal self-injury
- Panic attacks
- Distress after a traumatic event
- Acute psychotic behaviours.

## MHFA Training Instructor: Greg Seberry

Greg Seberry is a very experienced facilitator, and is accredited to deliver the MHFA training course. Greg's qualifications include:

Master of Business Administration (MBA)
Graduate Diploma of Education (Adult Learning)
Bachelor of Science (Biochemistry and Physiology)
Certificate IV in Training and Assessment
Mental Health First Aid (MHFA) Instructor Accreditation
Team Management Systems (TMS) Accreditation

## Course Fee

The course fee for the 2-day MHFA Course in Canberra on 28 & 29 October 2026 is $550 +GST per participant. **There is a 10% discount where 3 or more participants from the same organisation attend the course**.

**The course fee includes detailed learning materials and full catering.** Participants receive a copy of the latest MHFA Manual & other resources. Lunch, morning and afternoon tea, and other refreshments are included.

## Course Registration

Please complete the attached Course Registration Form and e-mail to: **gseberry@iimetro.com.au**.

We can also deliver the MHFA training course in-house and in all States and Territories, including regional locations.

## More Information

For more information about Mental Health First Aid (MHFA) training, please call Greg Seberry on **0407 434 202** or e-mail **gseberry@iimetro.com.au**.

# Mental Health First Aid Training

## Course Registration Form

Please complete and **e-mail** to gseberry@iimetro.com.au
Our office will contact you to confirm receipt of your Course Registration Form.

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|---|---|
| **Course:** | **2-day Mental Health First Aid (MHFA) Training Course Canberra – Abode Hotel, WODEN ACT 2606**<br><br>☐ **28 & 29 October 2026**<br><br>**Course fee: $550 +GST (includes full catering)**<br>10% discount for 3 or more participants from the same organisation. |
| **Title:** | ☐ Ms ☐ Mr ☐ Mrs ☐ Other: |
| **First Name:** | |
| **Surname:** | |
| **Phone:** | |
| **Mobile:** | |
| **E-mail:** | |
| **Contact for Invoicing:** | |
| **Address for Invoicing:** | |
| **Emergency Contact Details:** | Name:<br><br>Phone/Mobile: |
| **Special Dietary Requirements:** | |
| **Special Needs:** | |
| I accept the terms and conditions outlined below: | |
| **Signature:** | |

**Terms and Conditions**

**Payment**: GSA Learning will issue an invoice upon receipt of this Registration Form. Payment may be made by EFT or credit card (a small credit card admin fee applies).

**Cancellation Policy**: Cancellation of course registration is accepted more than seven days prior to the workshop date, otherwise another person may be substituted.
When you register, you have purchased a place on the course and date(s) shown above. We suggest that you send a substitute if you can't come at the last minute.

**Privacy**: GSA Learning will safeguard all personal information in accordance with Commonwealth privacy legislation and privacy principles.