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Mental Health First Aid

Blended Online Training Course for Workplaces

What is Mental Health First Aid?

Mental health first aid (MHFA) is the help offered to a person developing a mental health problem, a worsening of an existing mental illness, or experiencing a mental health crisis. MHFA is the help provided *before* appropriate professional help can be obtained.

What is Blended Online Mental Health First Aid Training?

The Blended Online MHFA training course is **100% online**, and involves 2 components:

(1). A self-paced eLearning training course (takes 5 to 6 hours to complete), followed by:

(2). Two X 2.5 hour online training sessions, delivered via MS Teams.

Greg Seberry will be delivering the two X 2.5 hour online training sessions of the Blended Online MHFA training course on:

- **26 November 2026**

  10 am to 12:30 pm and 1:30 pm to 4 pm EDST

The Blended Online MHFA for Workplaces training course can also be delivered "in-house". Please contact Greg Seberry for more information.

Course Registration

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

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.

MHFA Training Instructor: Greg Seberry

Greg Seberry is a very experienced facilitator, and is accredited to deliver a range of MHFA training courses. 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

Mental Health First Aid Training

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Course Registration Form

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

Course:	**Blended Online MHFA Training Course for Workplaces** **Two X 2.5 hour MS Teams training sessions:** ☐ **26 November 2026** **10 am to 12:30 pm & 1:30 pm to 4 pm EDST** **Course fee: $380 +GST.** The course fee covers: (1). The self-paced eLearning component (including a MHFA Manual) (2). The 2 X online MS Teams sessions.
Title:	☐ Ms ☐ Mr ☐ Mrs ☐ Other:
First Name:	
Surname:	
Phone:	
Mobile:	
E-mail:	
Address:	
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.