

# 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 for workplaces is being offered in response to Covid-19 restrictions. The Blended Online MHFA training course is **100% online**, and involves 2 components:

(1). A self-paced online training course (which takes 5 to 7 hours to complete), followed by:

(2). Two X 2.5 hour virtual face-to-face training sessions, delivered via Zoom.

Greg Seberry will be delivering the two X 2.5 hour virtual face-to-face training sessions of the Blended Online MHFA training course for workplaces on:

➔ **15 & 16 November 2023 (10 am to 12:30 pm EDT, both days)**

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



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## Course Registration Form

Please e-mail to [gseberry@iimetro.com.au](mailto:gseberry@iimetro.com.au) – thank you.

Our office will contact you to confirm receipt of your Course Registration Form.

<b>Course:</b>	<b>Blended Online MHFA Training Course for Workplaces</b> <b>Two X 2.5 hour Zoom training sessions:</b> <input type="checkbox"/> <b>15 &amp; 16 November 2023</b> <b>10:00 am to 12:30 pm EDT on both days</b> <b>Course fee: \$350 +GST.</b> The course fee covers: (1). The self-paced online component (including a MHFA Manual) (2). The 2 X virtual face-to-face sessions.
<b>Title:</b>	<input type="checkbox"/> Ms <input type="checkbox"/> Mr <input type="checkbox"/> Mrs <input type="checkbox"/> Other:
<b>First Name:</b>	
<b>Surname:</b>	
<b>Phone:</b>	
<b>Mobile:</b>	
<b>E-mail:</b>	
<b>Address:</b>	
I accept the terms and conditions outlined below:	
<b>Signature:</b>	

### Terms and Conditions

**Payment:** GSA Learning will issue an invoice upon receipt of this Registration Form. Payment may be made by cheque, 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.