

SASS

Mental Health First Aid

Launceston: September 12 & 13, 2019

Hobart: October 3 & 4, 2019

Cost: \$198 early bird, \$225 full price (incl. GST)

Early bird ends August 16th (Launceston) & September 6th (Hobart)

The Standard Mental Health First Aid course will teach you how to provide initial support to other adults who may be experiencing a mental health problem or mental health crisis until appropriate professional help is received or the crisis resolves, using a practical, evidenced based Action Plan.



This course is based on guidelines developed through the expert consensus of people with lived experience of mental health problems and professionals.

Mental Health Problems Covered:

- Depression
- Anxiety
- Psychosis
- Substance use problems

Mental Health Crises Covered:

- Suicidal thoughts and behaviours
- Non-suicidal self-injury
- Panic attacks
- Traumatic events
- Severe psychotic states
- Aggressive behaviours
- Severe effects from alcohol and other drug use

Please note this course is not a therapy or support group

Enquire NOW: (03) 6231 0044 training@sass.org.au



SASS OFFERS SPECIALISED PROFESSIONAL DEVELOPMENT WORKSHOPS TO EMPOWER PARTICIPANTS WITH SKILLS TO MINIMISE HARM AND ASSIST OTHERS IN TRAUMA RECOVERY.

BOOKING FORM

Which workshop are you attending?

Launceston

Hobart

Organisation name.....

Organisation address

Participants' name

Dietary requirements.....

Participants' name

Dietary requirements.....

Participants' name

Dietary requirements.....

Participants' name

Dietary requirements.....

Participants' name

Dietary requirements.....

Contact person

Email address

Phone number

Payment for the event must be received within 10 business days of booking, or of an invoice being issued. If payment is not received within 5 business days of the event, SASS reserves the right to cancel your booking.

A refund of your payment less 10% of the total service price will be provided if cancellation is made 14 days or more prior to the booked event.

A 100% training credit voucher will be provided in lieu of refund if cancellation is made between 7-14 days of booked event. This training credit voucher will be valid for 12 months from issue date.

No refund will be provided if cancellation is made within 7 days of the booked event.

No refund or credit will be provided for participants that do not show for a booked event. Tickets are transferable by email notification at least 7 days before the event.

Please send me an invoice

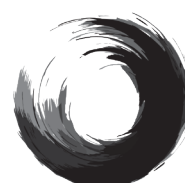
I will pay by direct debit

Account name: Sexual Assault Support Service **BSB:**
067002 **Account number:** 00920945 (Include your
organisation name as the reference)

I will pay by credit card (please call (03) 6231 0044)

Return completed booking form to:

training@sass.org.au



Sexual
Assault
Support
Service

Sexual Assault Support Service

31 Tower Road, New Town TAS 7008

03 6231 0044 (9am-5pm, Mon-Fri)

training@sass.org.au | www.sass.org.au

24 hour sexual assault response and

counselling service: **1800 MYSUPPORT**

1800 697 877