

# MENTAL HEALTH FIRST AID

## For NON –SUICIDAL SELF-INJURY

This course gives participants an opportunity to learn how to help someone who is engaging in self-injury.

It teaches:

- Why people engage in self-injury
- How to talk to someone about their self-injury
- How to help the person stay safe
- How to connect someone to appropriate professional help
- How to assess for suicidal thoughts and behaviours

**WHO:** Parents and carers who have children/young people 12 years and over

**WHEN:** Wednesday 19<sup>th</sup> June 2019

**TIME:** 9.30am – 2.30pm

**VENUE:** Blacktown LGA.  
Venue to be advised on registration

\*This course is delivered by an instructor trained by MHFA Australia.



\*Please note: The information provided in MHFA courses is for general mental health first aid only and is not intended to be and should not be relied upon as a substitute for specific professional medical advice.



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