

## Expression of Interest for Mental Health First Aid Training

To further support and strengthen our community, South Gippsland Shire Council is offering Mental Health First Aid Training, as part of its \$2M COVID-19 Community Support Package.

Mental Health First Aid is a nationally recognised and evidence-based approach that provides people in the community with the skills to provide a first level of support to others experiencing mental health issues.

Forty places are available in the first round of training, which is aimed at South Gippsland residents who would use it to positively impact or assist others. The course will be offered at no cost and will be run online, however there is a significant time commitment to complete the course (approximately 12 hours).

South Gippsland Shire Council's Manager Community Services, David Welch is pleased that the training is being offered.

"Approximately 20 per cent of Australian adults experience a common mental illness each year, which is a huge statistic. Completing a Mental Health First Aid Course will help you to develop the skills to support others in your community or a friend, family member or co-worker. Just as Physical First Aid helps provide a first response to physical issues, so Mental Health First Aid can do for mental health concerns.

"Having mental health first aid skills means you can assist someone developing a mental health problem or experiencing a mental health crisis and make a real difference to them and your community. Understand mental health also helps to remove the stigma and improve attitudes regarding mental health illness," said Mr. Welch.

The training will be offered in two components. The first stage is a self-paced eLearning component that is expected to take five to seven hours to complete. The second stage is an instructor-led component using video conferencing. This will be two sessions of two-and-a-half hours. Additional training around mental health will be offered as part of the recently-funded

Local Connections Projects.

Successful applicants for the Mental Health First Aid Training will be provided with information on the next steps when the 40 places are filled. If there are more applicants than places, a waiting list will be compiled and a further round of training will be considered.

To express your interest, please visit: [www.southgippsland.vic.gov.au/mentalhealth](http://www.southgippsland.vic.gov.au/mentalhealth)

For more information on the training, please contact Sophie Dixon on 5662 9200 or [sophied@southgippsland.vic.gov.au](mailto:sophied@southgippsland.vic.gov.au)

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