

DISASTER RECOVERY AND RESILIENCE PROGRAM

MENTAL HEALTH FIRST AID TRAINING

Anyone can have a conversation that may save a life. Everyone should know how.

**FREE
2-DAY
TRAINING
EVENT**

A collaboration between the City of Gold Coast, Gold Coast Health and The Varsity Lakes Community Resource Centre.

Mental health challenges can affect anyone, at any time. In partnership with the City of Gold Coast, Gold Coast Health Disaster Recovery and Resilience Program (DRRP) and The Varsity Lakes Community Resource Centre, this 2-day Standard Mental Health First Aid Training will equip participants with the skills to recognise, respond to and support people experiencing mental health problems or crises. Learn practical, evidence-based strategies that can help save lives, reduce stigma and strengthen community resilience.

EVENT DETAILS



Mon 24 August + Tues 25 August 2026



Times: 9am to 4pm



Varsity Lakes Community Centre
20 Mattocks Rd, Varsity Lakes QLD 4227



Cost: FREE

WHAT YOU'LL LEARN TO SUPPORT



Depression



Anxiety



Psychosis



Substance Use Problems



Suicidal Thoughts and Behaviours



Panic Attacks



Non-Suicidal Self-Injury



Traumatic Events

OFFER SUPPORT



Learn the skills to have open, supportive conversations about mental health and provide reassurance to someone who may be struggling.

INTERVENE EARLY



Recognise the signs and symptoms of emerging mental health problems and take action before they worsen.

RESPOND IN A CRISIS



Provide initial support in crisis situations, including suicidal thoughts and behaviours, panic attacks, and traumatic events.

REDUCE STIGMA



Promote understanding, challenge misconceptions and help create a more supportive and inclusive community.

BECOME AN MHF AIDER



- ✓ Nationally recognised training
- ✓ Evidence-based MHFA Action Plan (ALGEE)
- ✓ Accredited MHFAider status available
- ✓ Accreditation for 3 years
- ✓ Practical skills for real conversations that can save lives



REGISTER TODAY!

Scan the QR Code to secure your place today.

Disaster Recovery and Resilience Program

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Although funding for this product has been provided by both the Australian and Queensland Governments, the material contained herein does not necessarily represent the views of either Government.