



**MENTAL  
HEALTH  
FIRST AID**  
Australia

## MENTAL HEALTH FIRST AID **FOR GAMBLING PROBLEMS**

Learn how to provide mental health first aid to people experiencing gambling problems.



The Mental Health First Aid for Gambling Problems course will teach you how to identify, approach and support someone experiencing gambling problems using a practical, evidence based Action Plan. You will also have the opportunity to practise your new skills in a safe environment.

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

**Note:** This is not a therapy or support group.



### What is the format?

This is a 4-hour workshop.



### Why attend an MHFA course?

Evaluations consistently show that MHFA training is associated with improved knowledge of mental illnesses, their treatments and appropriate first aid strategies, and confidence in providing first aid to individuals with mental illness. It is also associated with decreased stigma and an increase in help provided.



### What will you learn?

- How to approach someone you are concerned about
- The risk factors, signs, symptoms and motivations which may underpin gambling problems
- How relapse might affect someone with gambling problems
- How to manage your own self-care when helping someone with gambling problems.



### Who can attend this course?

Any adult can attend.



### How do I sign up?

Go to the Course Calendar on our website and select a course near you. If organising a course for a group, you can search for a local Instructor on our website to discuss your needs.

Full range of courses available at:  
[mhfa.com.au/courses](https://mhfa.com.au/courses)



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