

### WOULD YOU KNOW HOW TO HELP SOMEONE EXPERIENCING GAMBLING PROBLEMS?

Mental Health First Aid Australia has developed a 4-hour training course to teach community members how to help someone experiencing gambling problems.

#### THIS COURSE TEACHES

- How to identify the signs and symptoms of a gambling problem
- How to identify if someone is experiencing a crisis
- Ways to understand what is motivating the problem
- How to approach someone about their gambling
- An Action Plan of what to do and say to support a person experiencing a gambling problem
- What to do if the person is suicidal
- What professionals can help
- How to manage relapse

#### WHO CAN ATTEND?

Any interested adult can attend.

#### HOW CAN I COMPLETE THIS COURSE?

Upcoming courses for members of the public are advertised in our courses calendar on the MHFA website or you can contact a local instructor directly. **All instructors of this course are trained by MHFA Australia.**

#### ABOUT MHFA AUSTRALIA?

Mental Health First Aid Australia is a national not-for-profit organisation that develops and evaluates mental health training and research. Our vision is to create a community where everyone has the first aid skills to support people with mental health problems.

*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.*