

Circular 1500

Mental Health First Aid Courses

Audience: Club Presidents, Club Directors of Administration and Club Directors of Education
Date: Monday the 8th of November, 2021
Contact: Michael Hyslop
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Summary	SLSCC is offering 4 positions per club in Mental Health First Aid Courses being hosted in November/December 2021.
Actions	Clubs need to determine candidates for their 4 positions and allocate these candidates to a course via the Jotform link prior to the 21 st of November 2021: https://form.jotform.com/213108319713854

Each year 1 in 5 Australians will experience a mental illness. Many people are not knowledgeable or confident to offer assistance. Physical first aid is accepted and widespread in our community, however most do not cover mental health problems. Mental Health First Aid (MHFA) teaches people the skills to help someone who they're concerned about.

SLSCC is proud to offer positions in 4 Mental Health First Aid Courses to all 15 clubs within our branch. Each club will be granted and fully funded for 1 member to participate in each course. A total of 4 members per club. Clubs are encouraged to select members who are actively involved in club activities and in positions where Mental Health First Aid training would be beneficial in areas such as: Club Captains, JAC's, Club Coaches, Rookie Co-Ordinators etc.

Candidates for the course need to be minimum of 18 years of age on the date of the course.

The course comes in two forms:

Online/Blended Learning

Consists of 5-7 hours pre-course online work and 2 x 2.5 hour Zoom workshops. SLSCC will be offering 3 of these courses.

Face to Face Learning consisting of 2 full day workshops at SLSCC Office, Tuggerah. SLSCC will be offering 1 of these courses.

The courses will be held on the following dates:

Course 1 – Online/Blended – 7pm to 9:30pm – 29th and 30th of November 2021 via Zoom
Course 2 – Online/Blended – 7pm to 9:30pm – 1st and 2nd of December 2021 via Zoom
Course 3 – Face to Face – 9am to 4:30pm – 4th and 5th of December 2021 @ SLSCC Tuggerah
Course 4 – Online/Blended – 7pm to 9:30pm – 6th and 7th of December 2021 via Zoom

Clubs are encouraged to call for candidates, screen the applicants and then have an authorised club representative fill out the form below. 1 form per club.

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The form needs to be filled out by Sunday the 21st of November. Candidates will be contacted directly by branch with details of their course.

If you have any questions about the form or the training, contact Michael Hyslop on the details below.

Michael Hyslop

Education Officer and Community Education Officer

Surf Life Saving Central Coast

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