Uni life can get pretty stressful. We know, and we’re here for you.

Support is available to you on campus:

**University Medical Centre**
For direct-billed medical support
Telephone: +61 8 6488 2118

**Counselling & Psychological Services**
For free counselling services
Telephone: +61 8 6488 2423

**Guild Student Assist**
For support with financial, academic & welfare issues
Telephone: +61 8 6488 2292

[mentallyhealthy.uwa.edu.au](http://mentallyhealthy.uwa.edu.au)
Mental Health First Aid Training

The Health Promotion Unit provide Mental Health First Aid training to UWA staff and student leaders as part of the Mentally Healthy Campus Strategy.

Mental Health First Aid training will give you the skills to support someone developing a mental health problem or in a mental health crisis. This first aid is given until appropriate professional treatment is received or until the crisis resolves.

Note: the training will help you to develop the knowledge and skills to support others - it is not a self-help group.

Course content
The 12 hour course covers 4 key mental health problems:
- Depression
- Anxiety problems
- Psychosis
- Substance use problems

As well as the following mental health crisis situations:
- Suicidal thoughts and behaviours
- Non-suicidal self-injury
- Panic attacks
- Traumatic events
- Severe psychotic states
- Effects of alcohol or other drugs
- Aggressive behaviours

How do I register for training?
Participants can register for training through the Mentally Healthy website at mentallyhealthy.uwa.edu.au.

Priority will be given to UWA staff, high-risk student faculties and student leaders.

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