

With the support of the South Western Sydney Primary Health Network (SNSN) and the Vietnamese Australian Welfare Association (VAWA), the 12-hour Mental Health First Aid course will be held for Vietnamese carers, and volunteers in the South Western Sydney area. Students must complete 12 hours courses to receive a certificate.

Tam Nguyen

Master MHFA Instructor

Minhtam.nguyen@health.nsw.gov.au

WHO CAN ATTEND THE COURSE?

Vietnamese families, carers and other community members who have an interest in mental health education/information can attend this course. However, this course is not recommended for people presently experiencing disabling mental health problems, just as general First Aid is not for people suffering a major injury.

A 12-HOUR COURSE
DEVELOPED BY THE
CENTRE FOR MENTAL
HEALTH RESEARCH TO
IMPROVE THE MENTAL
HEALTH LITERACY OF THE
COMMUNITY

VIETNAMESE MENTAL HEALTH FIRST AID COURSE



WHAT IS MENTAL HEALTH FIRST AID?

First Aid is the help given to an injured person before medical treatment can be obtained. Mental Health First Aid is the initial help given to someone experiencing a mental health problem before professional help is sought.

WHAT ARE MENTAL HEALTH PROBLEMS?

The most common and disabling mental health problems are **depression, anxiety disorders and psychotic disorders.**

Mental Health problems are very common. In any one year about **one in five** adult Australians experience a common mental health problem. Many people suffer a mental illness for a long time before they seek help. **Alcohol and other drug problems** frequently occur with depression, anxiety and psychosis.

COURSE CONTENT

The course covers helping people in mental health crisis situations and/or in the early stages of mental health problems.

Crisis situations covered are:

- Suicidal behaviours/thoughts
- Acute stress reaction
- Panic attacks
- Acute psychotic behaviour

Mental Health problems covered are:

- Depression
- Anxiety disorders
- Schizophrenia
- Bipolar disorder

Participants will learn the signs and symptoms of these mental problems, where and how to get help and what sort of help has been shown by research to be effective.

Contact Person (s): Tam Nguyen

Email: minhtam.nguyen@health.nsw.gov.au

Hanh Tran: 0433 097 464

VIETNAMESE MENTAL HEALTH FIRST AID COURSE FORMAT

This is a 12 hour course over four weeks and it will be conducted in Vietnamese language

PARTICIPANTS MUST ATTEND

ALL SESSIONS.

WHEN: 23/07/2025 to 06/08/2025

Wed 23rd July 2025

Wed 30th July 2025

Wed 06th Aug 2025

Wed 13th Aug 2025

Time: 10am -1pm

Venue: Cabravale Senior Citizen Hall

170 Railway Parade

Cabramatta, NSW 2166



Vietnamese Australian

Welfare Association of NSW and