



## CIRCULAR

SUBJECT	ISSUE DATE	NUMBER
SLSS Mental Health First Aid Courses – May 2025	10 April 2025	30/24-25

**To** Clubs, Presidents, Secretaries & Member Services Teams

**From** Director Member Services

**CC** BOM & MSC

Earlier in the season we reached out to all Clubs seeking an Expression of Interest for participating in Mental Health training. We received 36 responses from our membership, which was very encouraging.

We are now offering this course in association with the Australian Lifesaving Academy NSW and together will provide our Club members with this very important opportunity to participate in a Mental Health First Aid course. The Course content is as per below.

### Mental Health Problems covered

- Depression
- Anxiety problems
- Psychosis
- Substance use problems

### Mental Health Crises covered

- Suicidal thoughts and behaviours
- Non-suicidal self-injury
- Panic attacks
- Traumatic events
- Severe effects from alcohol and other drug use
- Aggressive behaviours

This course will be delivered by the Australian Lifesaving Academy NSW via a qualified and experienced facilitator. This is a professionally delivered course and provides the opportunity for our members to become an accredited Mental Health First Aider once they complete an online assessment post course delivery.

**Course Dates and Details:** There are two course formats for members to choose from, being.

1. In Person Course: 2 x 6-hour face to face sessions  
**Dates:** Sat 17 May 2025 and Sat 24 May 2025. Each session is 9.00am - 4.00pm  
**Location:** Surf Life Saving Sydney Branch Office, 16 Murra Murra Place – Candidates must attend both sessions.

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2. Online Course: 2 x 2.5-hour Online sessions, with 5-7 hours of pre-learning to be done by the candidate prior to the online session

**Dates and times:** Tue evening 13 May 2025 7.00pm - 9.30pm and Thur evening 15 May 2025 7.00pm-9.30pm - Candidates must attend both sessions.

This Course is for 18+ Members only and recommending at least two seasons on Patrol. This course is aimed at those members with the responsibility of dealing with the public via Patrol and managing members. Our Priority would be PC and VC's, and DO's, but can also be utilised by Trainers, Coaches, and Age Managers

#### **Outcome:**

The Standard Mental Health First Aid course will teach you how to provide initial support to other adults who may be experiencing a mental health problem or mental health crisis until appropriate professional help is received or the crisis resolves, using a practical and evidence-based Action Plan.

This course will also improve your knowledge of mental illnesses, their treatments and appropriate first aid strategies, and confidence in providing first aid to individuals with mental illness.

This can assist in dealing with scenarios that may be encountered on Patrol and also managing membership scenarios.

#### **Cost of the course:**

The course cost is \$140pp with Branch subsidising the course by \$60 per member. Therefore, the cost for candidates is \$80 pp (incl. GST). Clubs will be invoiced for their members who attend.

Please note there are limited positions available for this course, approximately 15 for the Face to Face and 15 for the online course. This may be altered based on responses received. We are also required to provide a minimum of 10-person to each course.

#### **Next Steps:**

- Club Nominated Registrations for this course close 21 April 2025 – This date allows those doing the online session to complete their online work.

[This Course Registration Form Link](#) is to be completed by Clubs only please.

- Candidates confirmed by 23 April 2025.
- Candidates receive all course information and requirements from SLSNSW direct once confirmed

If you have any questions relating to this course, please do not hesitate to contact Doug Hawkins, Director Member Services via email [director\\_memberservices@surflifesavingsydney.com.au](mailto:director_memberservices@surflifesavingsydney.com.au)

We look forward to receiving your Club Registrations.

Kind regards,

Doug Hawkins  
**DIRECTOR MEMBER SERVICES**  
**SURF LIFE SAVING SYDNEY**

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