



MEMORANDUM

To	SLSS Presidents, Patrol Captains and Vice Patrol Captains
From	Director, Member Services SLSS
CC	SLSS Clubs, Secretaries, Member Services Teams and SLSS Member Services Committee
Date	Thursday 21 November 2024
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Subject	Mental Health Working Group Expression of Interest

Hi All,

Surf Life Saving Sydney in collaboration with SLSNSW, is offering a **Mental Health First Aid Course** for any interested Patrol Captains, Vice Patrol Captains, or Club nominated members.

This specific course is an important part of SLS member support and has been very beneficial to clubs for those members who have attended in the past.

This particular Mental Health First Aid teaches adults (18+) how to provide initial support to adults who are developing a mental illness or experiencing a mental health crisis. This course is delivered in a very practical session and will give the candidates a new perspective on how to assist those who may need us when going through a range of personal issues.

Details about the course:

The course curriculum is based on the Mental Health Guidelines and is accredited by Mental Health First Aid Australia.

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, evidence-based Action Plan.

This course is based on guidelines developed through the expert consensus of people with lived experience of mental health problems and professionals.

Our Branch Partners and Sponsors





What will be 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 psychotic states
- Severe effects from alcohol or other drug use
- Aggressive behaviours.

Duration:

2 Days.

If any Patrol Captains/ Vice-Captains or Club nominated member (who are over 18 years of age) are interested in attending this course, please complete the Form provided below by 30 November 2024. You will be asked if you prefer face to face or an online course option.

Mental Health EOI Form

Should you have any queries please do not hesitate to contact me via email director_memberservices@surflifesavingsydney.com.au

Thank you.

Kind regards,

Doug Hawkins
Director, Member Services
Surf Life Saving Sydney