



**MENTAL HEALTH
FIRST AID®**
Australia

Free Conversations about Gambling Mental Health First Aid training

The Conversations about Gambling course teaches participants how to provide initial support to another adult who may be experiencing gambling harm or a gambling-related mental health crisis, until professional help is received or the crisis resolves.

Course participants learn about the signs that may indicate a person is experiencing harm from their gambling, how to recognise and respond to suicidal thoughts and behaviours, and the interventions and supports available to encourage pathways to professional help.



Intervene early

Recognise the signs that indicate someone may be experiencing harm from their gambling.



Offer support

Learn the skills to have an open, supportive conversation about gambling harm.



Respond in a crisis

Respond to a person who may be at risk of experiencing gambling harm.



Reduce stigma

Reduce stigma and increase support for adults experiencing harm from their gambling.

What you'll learn

Using a practical, evidence-based action plan, participants learn how to approach someone they are concerned about and initiate a conversation about those concerns.

Participants also learn how to offer initial support and information to someone experiencing harm from their gambling and how to encourage the person to seek professional help or other supports.

Why attend a Mental Health First Aid training course?



Improve knowledge

Evaluations consistently show that by attending a course, participants improve their knowledge of mental illnesses, their treatments and appropriate first aid strategies.



Improve confidence

Course participants report improved confidence in providing first aid to individuals.

Duration and format



Face-to-face



4 hours

**Anyone can have a conversation that may save a life.
Everyone should know how.**



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It is well structured and informative around gambling harm and mental health. It is great to have programs such as this highlighting the issues and reducing the stigma associated with gambling harm.



All sessions are led by a Mental Health First Aid Australia trained and Licensed Instructor

Mental Health First Aid courses are delivered by a national network of more than 3,000 trained and Licensed Instructors. Individuals or small groups can sign up for a public course near you or online, while larger groups can find a Licensed Instructor to deliver private training in-house or at an agreed venue.



Learning Outcomes

Upon completion of this course participants will be able to:

- Recognise the signs that indicate someone may be experiencing harm from their gambling
- Understand the prevalence of gambling problems in Australia
- Understand the continuum of gambling and the risk factors associated with harmful gambling
- Understand the motivations for gambling and the relationship between harmful gambling and mental health problems
- Use an evidence-based action plan to initiate a mental health first aid conversation
- Know how to recognise signs of and provide initial support to someone who may be at risk of suicide
- Know the barriers to help seeking and how to overcome these
- Understand risk factors and treatments and supports available for people experiencing harm from their gambling
- Understand relapse in the context of harmful gambling
- Apply self-care practices as a Mental Health First Aider.



Suitability

Suitable for individuals, workplaces of all sizes, and volunteer and community-based groups. Any adult (aged 18+) can attend.



Take the next step

Visit our Conversations about Gambling MHFA course page at: mhfa.com.au OR contact us at: mhfa@mhfa.com.au to discuss your training needs.



GambleAware

For free and confidential information, counselling and professional support services about gambling related issues, contact GambleAware on:
gambleaware.nsw.gov.au
1800 858 858

learn more mhfa.com.au