

Mental Health First Aid for Gambling Problems

Many Australian's lives are impacted directly and indirectly as a result of problem gambling. Those with gambling problems are at increased risk of suicide and likely to experience mental health problems including depression, anxiety and substance use problems.

This 4-hour face to face training session aims to address these concerns by teaching how to provide mental health first aid to people experiencing gambling problems.



What the course covers:

- ✓ The risk factors, signs and symptoms and motivations which may underpin gambling problems
- ✓ How to approach someone about their gambling problems
- ✓ How relapse might affect someone with gambling problems
- ✓ How to manage your own self-care when helping someone with gambling problems

Our approach at TMF Training Solutions helps you to learn about mental health problems and mental health crises and how to respond to them in a safe, inclusive and friendly environment.

For a confidential discussion regarding Mental Health First Aid Training for yourself, your organisation, community group or workplace please contact our training team:



**MENTAL
HEALTH
FIRST AID**
Australia

E: MHFA@tmftrainingsolutions.com.au

M: 0407 198 363