



Mental Health for Everyone

In 2008, the Southern Mallee Primary Care Partnership (SMPCP) assisted in funding three professionals to become trainers in providing Mental Health First Aid training across the SMPCP catchment including local government areas of Swan Hill Rural City (excluding Robinvale), Buloke and Gannawarra Shires.

Anyone within the community is welcome to attend the Mental Health First Aid, and participants will receive a course manual and a certificate at the completion of the course.

Common Problems

Mental health problems are very common. The most common and disabling mental health problems are anxiety disorders, depression and substance use disorder.

In any one year about one in five adult Australians experience a mental health problem.

Just as physical first aid can save the life of an injured person, Mental Health First Aid (MHFA) can be life saving for a person suffering a mental illness.

First Aid

Mental Health First Aid is the help provided to a person developing a mental health problem or in a mental health crisis.

The first aid is given until appropriate professional treatment is received or until the crisis resolves.

Mental Health problems covered during the 12 hour course include depression, anxiety disorders, schizophrenia, bipolar disorder, and substance use disorder.

Youth Mental Health First Aid courses are also provided locally, by locally trained professionals, and designed for

adults working or living with adolescents.

Mental health problems in adolescents covered during this 14 hour course include depression, anxiety disorder, psychosis, substance use disorders, non suicidal self injury (self harm) and eating disorders.

For further information on Mental Health First Aid courses in your area please contact East Wimmera Health Service.

Together on the Road

The Great Australian Bike Ride is an epic 17,800 kilometre around-Australia ride to raise money for mental health research and education programs funded by Australian Rotary Health, the largest non-government funding body of mental health research in Australia.

The Ride is also addressing the stigma and myths associated with mental illness.

It began in Melbourne on March 21 and will arrive in Swan Hill on October 4, before finishing back in Melbourne on October 10. Dr. Betty Kitchener, one of the developers of Mental Health First Aid and an Australian Rotary Health grant recipient, is riding from Adelaide to Melbourne. Australian Rotary Health funds research into all health areas and aims to improve the quality of life for people with mental illness. Donations are tax deductible.