

Pain behind the Poker face:

THE Development of NEW gambling course

Geelong | Monday 13 August 2018



ACKNOWLEDGEMENT OF COUNTRY



WHO ARE WE?



More than 22 overseas countries have adopted the MHFA Australia Program



Over 4,000 MHFA Courses are run by accredited MHFA Instructors in Australia each year



Over half a million Australians have completed a MHFA Course since 2001



Over 2 million trained, thanks to more than 15,000 MHFA Instructors across the world





Mental health first aid is the help provided to a person developing a mental health problem, experiencing a worsening of an existing 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.





- ✓ Increased knowledge of how to provide MHFA
- ✓ More positive attitudes to appropriate treatments
- ✓ Decrease in stigmatising attitudes
- ✓ More supportive behaviours to others
- ✓ More confidence in providing support
- ✓ Improved mental health in participants



MHFA FOR GAMBLING PROBLEMS



GAMBLING MENTAL HEALTH FIRST AID



WHO SHOULD DO THIS COURSE?



- ✓ Gambling staff
- ✓ Financial services staff
- ✓ Human services workers
- ✓ Family support workers
- ✓ HR Staff
- ✓ Medical professionals
- ✓ Community members



MEET JOE







A

Approach the person, assess and assist with any crisis

L

Listen and communicate non-judgementally

G

Give information and support

E

Encourage appropriate professional help

E

Encourage other supports







“I had a brilliant counsellor who helped me a lot – but even then, I would leave our sessions and go straight to the tavern to gamble. It took a long time before things finally clicked” – AM

LIVED EXPERIENCE FILM





- ✓ Recognise the signs that someone is developing a problem or experiencing a crisis
- ✓ Approach someone who is developing a problem or experiencing a crisis
- ✓ Ask someone if they are having thoughts of suicide



- ✓ Nation-wide uncontrolled trail of the course
- ✓ Specialised course for providing MHFA to Aboriginal and Torres Strait Islander Peoples



PARTNER WITH US



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JOE





Thank you!
Questions?

