

Conversations About Gambling

The Mental Health First Aid Conversations About Gambling course will teach you how to identify, approach and support someone who is experiencing gambling harm by using a practical, evidence based Action Plan. You will also have the opportunity to practise your new skills in a safe environment.

»» Key Learning Outcomes:

- How to approach someone you are concerned about
- Risk factors, signs, symptoms and motivations which may underpin gambling harm
- How relapse might affect someone experiencing gambling harm
- How to manage your own selfcare when helping someone experiencing gambling harm

»» Why Attend This Course?

Evaluations consistently show that MHFA training is associated with improved knowledge of mental illnesses, their treatments and appropriate first aid strategies, and confidence in providing first aid to individuals with mental illness. It is also associated with decreased stigma and an increase in help provided over time.

»» Who Can Attend This Course?

- Any adult can attend

»» Delivery Methods



Face to Face

- 4 hour workshop

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