



ANNOUNCEMENT

TO:	Clubs, Presidents, Secretaries and Member Services Teams CC: SLSS BOM and MSC
FROM:	Doug Hawkins, Director, Member Services
DATE:	Tuesday, 18 November 2025
PAGES:	3
NUMBER:	25: 2025/26
SUBJECT:	SLSS Mental Health First Aid Course – 10 & 11 February 2026
OVERVIEW:	Surf Life Saving Sydney is assisting Clubs to have more of their members trained in Mental Health First Aid.

Surf Life Saving Sydney is excited to host our second Mental Health First Aid Course on Tuesday 10 February 2025 and Wednesday 11 February 2026 from 7:00pm to 9:30pm at Surf Life Saving Sydney Branch Office

This course in association with the Australian Lifesaving Academy NSW will provide your Club members with this very important opportunity to participate in a Mental Health First Aid training. The Course content is as per below.

Mental Health Problems covered

- Depression
- Anxiety problems
- Psychosis
- Substance use problems

Mental Health Crises covered

- Suicidal thoughts and behaviours
- Non-suicidal self-injury
- Panic attacks
- Traumatic events

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- Severe effects from alcohol and other drug use
- Aggressive behaviours

This course will be delivered by the Australian Lifesaving Academy NSW via a qualified and experienced facilitator. This is a professionally delivered course and provides the opportunity for our members to become an accredited Mental Health First Aider once they complete an online assessment post course delivery.

This training course will be a combination of online preparation and in person sessions, consisting of 5-7 hours of pre-learning to be done by the candidate prior to the 2 x 2.5-hour In Person sessions.

Dates and times:

Tuesday evening 10 February 2026 7.00pm - 9.30pm &

Thursday evening 11 February 2026 7.00pm-9.30pm

Candidates must attend both sessions.

Who should attend:

This Course is for 18+ Members only and recommending at least two seasons on Patrol. This course is aimed at those members with the responsibility of dealing with the public via Patrol and managing members. Our Priority would be PC and VC's, and DO's, but can also be utilised by Trainers, Coaches, and Age Managers

Outcome:

The Standard Mental Health First Aid course will teach you how to provide initial support to other adults who may be experiencing a mental health problem or mental health crisis until appropriate professional help is received or the crisis resolves, using a practical and evidence-based Action Plan.

This course will also improve your knowledge of mental illnesses, their treatments and appropriate first aid strategies, and confidence in providing first aid to individuals with mental illness.

This can assist in dealing with scenarios that may be encountered on Patrol and also managing membership scenarios.

Cost of the course:

The course cost is \$140pp with Branch subsidising the course by \$60 per member. Therefore, the cost for candidates is \$80 pp (ex. GST). Clubs will be invoiced for their members who attend.

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Please note there are limited positions available for this course, approximately 12 positions available. This may be altered based on responses received.

Next Steps:

- Club Nominated Registrations for this course close 8 December 2025 – This date allows those doing the online session to complete their online work in January 2026.

[Mental Health First Aid 10-11 February 2026](#) is to be completed by Clubs only please.

- Candidates will be confirmed by 12 December 2025.
- Candidates receive all course information and requirements from SLSNSW directly once confirmed.

If you have any questions relating to this course, please do not hesitate to contact Doug Hawkins, Director Member Services via email director_memberservices@sls.sydney

We look forward to receiving your Club Registrations.

Thank you.

Kind regards,

Doug Hawkins
Director, Member Services
Surf Life Saving Sydney

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