

Mental Health Training *in the Wheatbelt*

The Mental Illness Fellowship of WA in partnership with Holyoake and the Wheatbelt Suicide Prevention Project are offering **FREE mental health training** for the public across the Wheatbelt.

Our workshops and courses are designed to give you the skills, knowledge, tools and confidence to support yourself and others who are experiencing mental health issues.

They include:

safeTALK Workshop

Prepares anyone over the age of 15, regardless of prior experience or training, to become a suicide-alert helper.

Standard Mental Health First Aid Course

Learn how to help someone who is developing a mental health problem, experiencing a worsening of a mental health problem, or is in a mental health crisis.

Youth Mental Health First Aid Course

Learn about adolescent development, the signs and symptoms of the common mental health problems experienced by young people, where and how to get help, what sort of help research says are most effective, and how to provide mental health first aid to a young person in a crisis situation.

Learn more and view training dates at mifwa.org.au/whats-on

Or contact our local Holyoake rep Jordyn at Jordyn.Drayton@holyoake.org.au



WHEATBELT SUICIDE
PREVENTION PROJECT
CONNECTION | EMPOWERMENT | EDUCATION | GRANTS



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