STANDARD MENTAL HEALTH FIRST AID COURSE

Learn skills and gain confidence to support people experiencing mental health challenges

Mental health first aid is the help provided to a person who is developing a mental health problem, experiencing a worsening of a mental health problem, or in a mental health crisis.

COURSE INFORMATION

- A two-day Standard Mental Health First Aid course
- Topics cover: anxiety, depression, psychosis, substance use problems, suicide and other mental health crises
- Participants receive a Mental Health First Aid manual
- Participants are eligible to become an accredited Mental Health First Aider

When   9:00am - 4:00pm, 8 & 9 August 2024

Where   Kondinin Community Resource Centre

Cost   FREE - Morning tea & a light lunch included

Register   Email reception@kondinincrc.com.au or call 08 9889 1117

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