



**Workshops & Training**  
FOR EVERYONE

**MIFWA presents**

# Lunch Box PRESENTATION

## UNDERSTANDING MENTAL HEALTH

*Bring your lunch along and listen to someone speak about their experiences of mental illness, and gain some tools to support recovery.*

**Date**

**Time**

**Venue**

**Enquiries**



Government of **Western Australia**  
Department of **Communities**  
**Disability Services**

*This project is an NDIS Information, Linkages and Capacity Building (ILC) initiative.*

*For more ILC events and resources please visit the Department of Communities (Disability Services at [www.disability.wa.gov.au/wa-ndis/wa-ndis/information-linkages-and-capacity-building/resources](http://www.disability.wa.gov.au/wa-ndis/wa-ndis/information-linkages-and-capacity-building/resources))*



**MIFWA**

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