



Standard Mental Health First Aid – Corrigin (FREE)

A FREE two-day course to learn skills and gain confidence to support people experiencing mental health challenges.

When: 9 am–4:30 pm, Monday 28 & Tuesday
29 July 2025

Where: 1922 & You Community Hub, 33 Walton
Street, Corrigin, WA 6375

Cost: Free training, incl. resources & a light lunch

Your Trainer: Mark Davies

Register: Contact Sophie Birch on 0401 687 485 or
sophie.g.birch@gmail.com

In partnership with



1922 & YOU

CBH Regional Mental Health Program

What is Mental Health First Aid?

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 a mental health crisis.

What you'll learn

Topics cover a range of common challenges and situations, including:

- anxiety
- depression
- psychosis
- substance use
- suicidal thoughts and behaviours

You'll receive a Standard Mental Health First Aid manual.

Become accredited

Complete a short online assessment after the course to become an Accredited Mental Health First Aider for 3 years.