



**MENTAL HEALTH
FIRST AID®**
Australia

Talking about Non-Suicidal Self-Injury

Aboriginal and Torres Strait Islander Mental Health First Aid

The Talking about Non-Suicidal Self-Injury course teaches participants how to provide initial support to Aboriginal and/or Torres Strait Islander people who may be engaging in non-suicidal self-injury, until professional help is received or the crisis resolves.

Course participants learn how to recognise and respond to signs of non-suicidal self-injury, and the interventions and supports available, including cultural context to community-based care. The course ensures participants are grounded in social and emotional well-being from an Aboriginal and/or Torres Strait Islander perspective, equipping them with the skills to provide mental health first aid in a culturally safe and informed way.



Intervene Early

Recognise the warning signs for Aboriginal and/or Torres Strait Islander people who may be engaging in non-suicidal self injury



Offer Support

Learn the skills to have an open, supportive conversation about non-suicidal self-injury.



Respond in a Crisis

Respond to an Aboriginal and/or Torres Strait Islander person who may be engaging in non-suicidal self-injury.



Reduce Stigma

Reduce stigma and shame and increase support to Aboriginal and Torres Strait Islander people engaging in on-suicidal self-injury.

Where:

Community Wellbeing
Centre
108 Alfred Street, St
George

When:

9am - 3pm
Thursday, 14 March
2024

Cost: FREE

Registrations are Essential:

Text Kelly on 0429 328 335
Or Email:
kelly.harms@health.qld.gov.au