

Aboriginal Torres Strait Islander
MENTAL HEALTH FIRST AID COURSE

ALBANY

FREE
two-day training course
Includes catering and
course material

SOUTHERN ABORIGINAL CORPORATION CONFERENCE ROOM

16 & 17 May 2024

9:00am - 4:30pm

27 Chester Pass Road

The AMHFA course teaches adults how to provide initial support to an Aboriginal or Torres Strait Islander adult who is developing any of the following mental health problems or in a mental health crisis:

Developing Mental Health Problems

- Depression
- Anxiety problems
- Psychosis
- Substance use problems

Mental Health Crisis

- Suicidal thoughts and behaviours
- Non-suicidal self-injury
- Panic attacks
- Traumatic events
- Severe psychotic states
- Severe effects from alcohol or other drug use
- Aggressive behaviours

Enrolments Essential places limited

For queries and enrolment contact:

Meryl Hansen

Aboriginal Community Liaison Officer - Suicide Prevention
Phone: 9842 7777 | Email: merylesacorp.com.au

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