

National Wellbeing Alliance

First Nations Mental Health and Wellbeing Training for Adults



What does the course cover?

Aboriginal and Torres Strait Islander:

- Social and Emotional Wellbeing
- Mental health in communities
- How to provide initial help
- Where and how to get professional help
- How to provide support in a crisis

18+ years only
Nationally
recognised and
accredited **14-hour**
training course

Topics of discussion

- Anxiety
- Depression
- Psychosis
- Substance abuse



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