



## ADULT - ABORIGINAL MENTAL HEALTH FIRST AID FREE TRAINING

This training is based on evidence from Aboriginal and Torres Strait Islander Mental Health professionals.

Many of whom also have lived experience of Mental Health problems.

Courses are delivered by Aboriginal and Torres Strait Islander people.

**Our instructors draw upon their own unique and local cultural knowledge that enrich the course content and enable culturally informed and safe delivery to all Australian's.**

### About:

You will learn how to provide initial help, where how and when to get professional help and how to provide first aid in any crisis before professional help arrives or can be arranged.

The course will build knowledge on using Mental Health first aid strategies in your workplace, home and community

#### The course covers:

1. Mental health in the community/Mental Health first aid
2. Depression
3. Anxiety
4. Suicide/non-suicidal self-injury
5. Alcohol and other drugs
6. Psychosis
7. Self-care

**Max persons:** 24

**Esperance & Kalgoorlie Goldfields of WA – Expressions of Interest**

**Times:** 8:30am - 4.30pm daily  
*includes morning tea, lunch and afternoon tea*

**Date:**  
Esperance 7<sup>th</sup> & 8<sup>th</sup> November 2024  
Kalgoorlie 14<sup>th</sup> & 15<sup>th</sup> November 2024

**Venue:** TBC on registering

**RSVP:** Monday 4<sup>th</sup> November 2024

**Questions:** Please view the attached Flyer

**Please contact for more information or to register:**

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