

# FIRST NATIONS ADULT MENTAL HEALTH AND WELLBEING TRAINING



Become a **certified first aider** and gain the **confidence and skills** to help support your mob that are experiencing mental health problems or crisis in a **culturally safe way**

## FREE TRAINING AVAILABLE

Training is 18+ years only

Nationally recognised and accredited 14-hour course.

### WHERE:

## Indigenous Desert Alliance

575 Newcastle St, Perth WA

**DATES** - Wed 21st May  
Thurs 22nd May

**TIME** - Day 1: 8:30am - 4:30pm  
Day 2: 8:30am - 4:30pm

To register please contact:

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## WHAT DOES THE TRAINING COVER?

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

The importance of yarning with family and friends

Connecting with your culture and country as a way of staying strong

Improving your awareness and understanding of what causes depression, anxiety and suicide

