



ABORIGINAL AND TORRES STRAIT ISLANDER MENTAL HEALTH FIRST AID



Mental Health Training CQ

3 days ago · 🌐

Aboriginal And Torres Strait Islander Mental Health First Aid Course

Held by First Nations Licenced MHFA Instructor & supported by Master Licenced Instructor

★ Tuesday 4th & Wednesday 5th February 2025 ★

★ GLADSTONE ★

This 14-hour AMHFA Course teaches Aboriginal or Torres Strait Islander adults (18 years and over) how to provide Mental Health First Aid to friends and family.

This course has been culturally adapted for the Aboriginal and Torres Strait Islander community and is taught by Aboriginal and Torres Strait Islander Instructors.

The AMHFA course includes content surrounding social & emotional wellbeing and mental health problems in Aboriginal and Torres Strait Islander communities. Teaching first aid skills for helping indigenous people experiencing a mental health crisis, mental health problems or the early stages of mental illness.

This course has been produced by the consensus of Aboriginal Mental Health Professionals.