



Aboriginal Mental Health First Aid

Luma is proud to partner with the Indigenous Consulting Group to deliver Aboriginal Mental Health First Aid training, led by two highly skilled and respected Aboriginal Trainers.

This free, culturally grounded program supports participants to:

- Strengthen understanding of mental health and wellbeing
- Recognise signs of distress
- Build confidence to provide safe, effective support
- Support families and communities.

By bringing together families, carers, Elders, and community members, these sessions create a safe space to yarn, reduce stigma, and build confidence in accessing mental health and social services.



Dates

Join us for Aboriginal Mental Health First Aid **(2-Day Training)**.

Attend one of the following two-day sessions:

- 26 & 27 March
- 16 & 17 April
- 14 & 15 May

If you would like to join us, please contact the below.

candice@icgaustralia.com.au

0428 803 279

luma.org.au



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AND WELLBEING