



Aboriginal & Torres Strait Islander Mental Health **First Aid Training.**



An opportunity for participants to learn about the signs & symptoms of common mental health problems impacting Aboriginal & Torres Strait Islander adults, how to recognise and respond to an emerging or worsening mental health problem, and the supports available, including a cultural context to community - based care.

Regency TAFE

Monday 20/04/26 &
Tuesday 21/04/26

Salisbury TAFE

Wednesday 22/04/26 &
Thursday 23/04/26

9:30am - 4:30pm (Both Days)

Topics Covered:

Depression
Anxiety
Psychosis
Substance use problems
Suicidal thoughts & behaviours
Non suicidal self-injury

Outcomes of Training:

Culturally appropriate
and effective
Improve Confidence
Offer Support
Respond in a crisis
Reduce Stigma
Intervene early