

# FIRST NATIONS MENTAL HEALTH & WELLBEING TRAINING

All are welcome.

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



## ABOUT THE TRAINING

- 18+ YEARS ONLY
- 14 HOUR TRAINING COURSE
- NATIONALLY RECOGNISED & ACCREDITED
- MORNING TEA & LUNCH PROVIDED
- **BUILDING RESILIENCE AND SUPPORT SKILLS:** LEARN HOW TO PROVIDE INITIAL HELP, CRISIS SUPPORT, AND CONNECT PEOPLE WITH PROFESSIONAL SERVICES.
- **STRENGTHENING COMMUNITY AND CULTURE:** EMPHASISES YARNING, FAMILY CONNECTIONS, AND CULTURAL IDENTITY AS PROTECTIVE FACTORS FOR WELLBEING.
- **RAISING AWARENESS:** IMPROVES UNDERSTANDING OF MENTAL HEALTH, DEPRESSION, ANXIETY, AND SUICIDE PREVENTION.

FREE

## Event Details:

**Monday 27 – Tuesday 28 APRIL 2026**

**Time:** 8:30am - 4:30pm

**Venue:** Armidale Aboriginal Cultural Centre & Keeping Place, Armidale NSW

**Host:** Wallaby Indigenous Corporation – Waratah Project

**Contact:** Gina Shepherd 0434899320/Hazel Vale 0434900806

**Email:** waratahproject1@outlook.com

**Register with Gina and Hazel**

[nationalwellbeing.com.au](http://nationalwellbeing.com.au)

[Admin@nationalwellbeing.com.au](mailto:Admin@nationalwellbeing.com.au)



1300 285 242