



## MENTAL HEALTH FIRST AID TRAINING



*"I wanted to look out for my mates and this course gave me some skills to help them"*



MENTAL  
HEALTH  
FIRST AID  
Australia

Mental Health First Aid is a two day skills-based workshop that will teach you how to assist those experiencing mental health issues, so you can make a real difference in the veteran community.

Our next program is:

Monday, 30th & 31st May 2022

9:00am - 5:00pm

Gaythorne

Registration closes: 16th May 2022

Call **1800 011 046**, or  
visit **OpenArms.gov.au** and  
search for 'Mental Health First Aid'.