



REMiNDEr

Mental Health Training

MENTAL HEALTH TRAINING BENEFITS:



KNOWLEDGE

Improves knowledge of mental illnesses, treatments and first aid actions



CONFIDENCE

Increases confidence in providing first aid.



DE-STIGMATISING

Decreases stigmatising attitudes



SUPPORT

Increases the support provided to others

Time: Saturday (9am - 5pm)

Sunday (1pm - 6pm)

See website for dates

Venue: Multicultural Australia

28 Dibley St

Woolloongabba 4102

Cost: \$250 per person (12 hours)

Textbook, lunch (Sat), morning tea and afternoon tea are included.

Email: info@rmhfa.com.au

Website: www.rmhfa.com.au

Phone: 0462 294 415

MENTAL HEALTH FIRST-AID COURSE

About 1 in 5 Australian adults experience a common mental illness each year. Learn the practical skills to support someone and make a real difference to people in your community.