



LEARN PRACTICAL FIRST AID SKILLS

- Recognise common mental health problems
- Provide initial help using a practical, evidence-based Action Plan
- Seek appropriate professional help, and
- Respond in a crisis situation

This course involves self-paced eLearning followed by a 4-hour face-to-face workshop. This is not a therapy or support group.



HOW DO I SIGN UP?

DATES

TIMES

COST

VENUE

FACILITAT OR/S

