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**MENTAL
HEALTH
FIRST AID**

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Free Mental Health First Aid Course

A Mental Health First Aid Course is being held in Echuca for all members of the community, including people from farming, business and manufacturing industries.

Where? Department of Economic Development, Jobs, Transport and Resources corner Annesley St & Ogilvie Avenue Echuca.

When? Friday 20th April & Friday 27th April 2018 from 9:00am - 3:30pm each day.

Both sessions must be attended.

Let's Start the Conversation

- How to assist someone who is developing a mental health problem or is in a mental health crisis
- Increased understanding of mental health problems such as depression, anxiety problems, psychosis and substance abuse problems
- Increased understanding of health crises including, suicidal thoughts and behaviours, non-suicidal self-injury, panic attacks, traumatic events, severe psychotic states, severe effects from alcohol or other drug use, aggressive behaviours



No cost

This course is free.
Catering and a course manual will be provided.

Register

RSVP by 19th April
email administration@campaspepcp.com.au
or phone 5484 4485



For further information
please contact Jane
McPherson on 5484
4485

Funded by the Victorian
Government and Mental Health
First Aid Australia for Dairy
Farmers and their affected
communities.

Testimonials from past participants:

Excellent real life examples

Breaks down barriers when dealing with people in crisis

Comfortable environment, knowledgeable presenter

I wish I had done it earlier, it gave me real skills to help myself and help others

- Lockington Dairy Farmer Course, March 2017

Well presented, relevant to current times and region

Very informative and practical content

I was not afraid to ask the hard questions

- Echuca Regional Health Session, May 2016