



Building Strong Minds

LEARN TO LISTEN AND NOT JUDGE

RECOGNISE EARLY WARNING SIGNS THAT SOMEONE MAY BE AT RISK

SUPPORT YOUR COMMUNITY, FAMILY AND FRIENDS

GET HELP FROM OTHER SUPPORT NETWORKS

GET HELP FROM PROFESSIONAL MENTAL HEALTH SERVICES

HELP SOMEONE WHO IS GOING THROUGH A MENTAL HEALTH CRISIS

Yoorana Gunya WORKSHOP

28-30 of November 2018

FREE TRAINING
Delicious Lunch provided

You can make a significant change in another person's life. You could be the difference!

Aboriginal and Torres Strait Islander Mental Health First Aid Training

- Developed using the consensus of Aboriginal Mental Health workers
- Focused on the importance of improving the mental health and wellbeing of Aboriginal and Torres Strait Islander people

FOR MORE INFORMATION
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OR TO REGISTER: nathanf@NESA.COM.AU
OR PLEASE SEE A STAFF MEMBER at Yoorana Gunya