

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

6-8 February 2019

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 PLEASE SEE A STAFF MEMBER at Yoorana Gunya