

# MENTAL HEALTH FIRST AID TRAINING



*"I wanted to  
look out for  
my mates  
and this  
course gave  
me some  
skills to help  
them"*

Do you live, work or volunteer with someone who may experience a common mental health problem?

This two day workshop is provided free to the veteran community. Mental Health First Aid will teach you how to assist those experiencing mental health issues, so you can make a real difference in your community.

**9:00am – 5:00pm**  
**5 – 6 March**  
**Hobart, TAS**



**MENTAL  
HEALTH  
FIRST AID**  
Australia

To register for the MHFA workshop, call 1800 011 046 or visit [OpenArms.gov.au](http://OpenArms.gov.au) and search for 'Mental Health First Aid'