

# Mental Health First Aid – Conversations About Suicide



Would you like to learn how to safely, helpfully and confidently identify, approach and support someone who is experiencing suicidal thoughts and behaviours?

*mental health families and friends Tasmania*, is pleased to offer Mental Health First Aid training – [Conversations About Suicide](#) to different communities around Tasmania. This project is funded by the Community Support Levy through the Tasmanian Government and Primary Health Tasmania.

We are offering a Seven 4.5-hour courses delivered in 2021 by Bec Thomas from *Rising Kind*.

Our Launceston Session:

**Date:** Wednesday 26<sup>th</sup> May

**Venue:** 6 Prossers Forest Rd, Ravenswood TAS

**Cost:** \$20 per person.

**For information or to book:** email [admin@mhfamiliesfriendstas.org.au](mailto:admin@mhfamiliesfriendstas.org.au) - call 03 6228 7448 - use this link <https://www.surveymonkey.com/r/B38QG23> to register yourself or go to our website - <https://mhfamiliesfriendstas.org.au/>

**Registrations Close Thursday 20<sup>th</sup> May 2021**

\*Please note, it is a BYO lunch.



Bec Thomas

