



LET'S TALK MENTAL HEALTH

Presented by:
Microfirm Training
Mental Health First Aid Trainer

Understanding Mental Health & Wellbeing

Virtual session 60 minutes

In these unique times, many people may be feeling anxious, worried or afraid as mental health conditions continues to impact all of us.

Looking after the mental health of ourselves, friends and family is an important part of staying well.

Join us for a 60-minute with our accredited Mental Health First Aid Trainer to learn more about Mental Health and how to look after yourself and others.



Topics to be discussed

- ✓ What is mental health?
- ✓ How common are mental health illnesses?
- ✓ The stigma of talking about mental health
- ✓ Common causes, signs and symptoms of mental illness
- ✓ Support options for people experiencing mental health illnesses
- ✓ Suicide awareness

Note: This virtual session is not a therapy or a support group.



**PRICE \$50.00
PER PERSON**

Mental Health Services

Mental Health Line
1800 011 511

Beyond Blue
1300 224 636

Lifeline
13 11 14

Kids Helpline
1800 55 1800

Mensline
1300 789 978

QLife
1800 184 527

Suicide Call Back Service
1300 659 467

For all booking enquiries please email training@mhfat.com.au or contact us for more information **1300 278 868** www.mhfat.com.au