

Uralla, Walcha & Guyra

Mental Health First Aid

Free two day workshop
with *HIGHWAY TO WELL*

Limited
Places -
RSVP
Essential



Mental health challenges are prevalent in rural Australia & can be attributed to geographic isolation, limited services, social stigma and natural disasters.

Mental health first aid is the initial support given to a person who is developing or experiencing mental health problems or crises.

In this 2 day, Standard Mental Health First Aid course, you will learn how to provide the initial support to friends, family and co-workers before professional help arrives.

Uralla

24th & 25th July
Uralla Community Centre
9am to 4pm
RSVP:
<https://www.stickytickets.com.au/PVS81>



Walcha

27th & 28th August
Walcha Vet Supplies
9am to 4pm
RSVP:
<https://www.stickytickets.com.au/1CVI0>



Guyra

5th & 6th September
New England Community College
9am to 4pm
RSVP:
<https://www.stickytickets.com.au/OQ77E>



For more information call (02) 6772 9123 or email elizabeth.rosser@snelandcare.org.au

