

Mental Health First Aid Training

Gain the skills and confidence to assist people experiencing mental health issues.

You could make a significant change in someone's life!

27-28 APRIL 2023

Where: Ceduna

Cost: Free

Register your interest via:

Phone: 0428 803 279

Email: willa@nationalwellbeing.com.au



Learn to listen,
judgement free.

Recognise early
warning signs.

Support your
community.

Build and access
support networks.

Access professional
mental health services.

Support someone
through a mental
health crisis.

