



MENTAL HEALTH FIRST AID COURSE

Approximately 20% of Australian adults experience a common mental illness each year.

The consequences of mental illness for the individual and society are staggering. Untreated mental health conditions can result in unnecessary disability, unemployment, substance abuse, homelessness, inappropriate incarceration, and suicide, and poor quality of life.

Spotting the signs and symptoms of a mental illness in a friend, family member or colleague and knowing how to help them can change lives. The standard Mental Health First Aid course teaches you the skills required to help someone who may be struggling.

The Standard Mental Health First Aid course typically costs \$250 but GORH run courses are significantly subsidised and cost just \$20.

Upcoming Dates:

Tuesday 5th and Tuesday 8th July – Apollo Bay - Limited Places
Booking essential: www.trybooking.com/CADJJ

Thursday 21st and Thursday 28th July – Lorne - Limited Places
Booking essential: www.trybooking.com/CADJR

For more information please visit our website
www.greatoceanroadhealth.com.au/services/mental-health/

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