

~ Become a Mental Health First Aider

WHEN Saturday, May 13th 2023
9:00 AM - 1:00 PM

WHERE 50 Natuna Ave
Budgewoi NSW 2262
Australia
[View Map](#)

COST To be confirmed



Scan for [more information](#)
and [registration details](#)

About 1 in 5 Australian adults experience a common mental illness each year. Mental Health First Aid (MHFA) training will teach you practical skills to support someone with a mental health problem. Make a real difference to people in your community.

Facilitator – Jackie Robinson. Email
mentalhealthandwellbeing66@gmail.com to register.