

# Mental Health First Aid Training - Uralla (Highway to Well)

**WHEN** Starts: Wednesday, July 24th 2024 at 9:00 AM  
Ends: Thursday, July 25th 2024 at 4:00 PM

**WHERE** 9 Hill St  
Uralla NSW 2358  
Australia  
[View Map](#)

**COST** Free



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and [registration details](#)

Southern New England Landcare has partnered with Highway to Well to deliver a free two day Mental Health First Aid course.

In Australia, mental health challenges are particularly prevalent in rural areas due to factors such as geographic isolation, limited access to mental health services, and social stigmas surrounding mental illness. Drought, flood, fire and other natural disasters can severely impact mental health.

This course is designed to teach individuals how to provide initial support to those facing mental health crises or challenges. It equips participants to recognize signs of mental health issues, offer assistance, and guide individuals to professional help.