



WOULD YOU LIKE TO **LEARN SKILLS** SO YOU ARE ABLE TO **SUPPORT** SOMEONE EXPERIENCING **MENTAL HEALTH** PROBELMS?

Mental Health First Aid (MHFA) is the help provided to a person who is developing a mental health problem, experiencing a worsening of a mental health problem, or in a mental health crisis. MHFA courses teach mental health first aid strategies to members of the public.

ACON is pleased to be hosting a series of **FREE MHFA courses** during March and April 2018.

There are no prerequisites for this course which is open to all members of the LGBTI communities.

If you would like to participate in one of our MHFA courses, please register as there are limited spaces for each session. Please note, you will need to attend all the days for each session.

To register

Email your name, contact and preferred session to nbath@acon.org.au

Dates & Times

SESSSION 1 (evening course)
15, 22 March, 5 & 12 April
6pm - 9pm

SESSION 2
7 - 8 April
9am - 4pm

SESSION 3
28 - 29 April
9am - 4pm

Location

ACON Level 3
414 Elizabeth St, Surry Hills

Funded by