

Help your community, family, friends and staff

# Mental Health First Aid Training



Across Culture is a **Gold Member** of the Australian Mental Health First Aid Associations Skilled Workplace program

## Standard Mental Health Training

Mental Health First Aid Training teaches you important skills to:

- identify symptoms of someone who may be developing a mental health issue,
- assist someone who is showing signs of a mental health issue,
- how to approach someone demonstrating symptoms of a mental health issue,
- how to care for our mental health.

The training is available for individuals as well as for organisations wanting their staff to complete the course.

## Indigenous Mental Health

Improving mental health and wellbeing of Aboriginal and Torres Strait Islander people.

This workshop is designed specifically for Aboriginal and Torres Strait Islander people or for those working with Aboriginal and Torres Strait Islander people. The workshop takes into consideration cultural practices and is delivered by qualified Indigenous Mental Health trainers.

Indigenous Mental Health First Aid Training teaches you important skills to:

- identify the role of culture in relation to our mental health,
- identify symptoms of someone who may be developing a mental health issue,
- assist someone who is showing signs of a mental health issue,
- how to approach someone demonstrating symptoms of a mental health issue,
- how to care for our mental health within a cultural context.

Learn to listen and not judge

Recognise early warning signs that someone may be at risk

Help someone who is going through a mental health crisis

Get help from professional mental health services

Get help from other support networks

## Further Information

For bookings and enquiries please contact us on the details below:

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towards understanding

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