

Green Connected Active

FREE EVENT



# An Introduction to Mental Health First Aid

Accredited to deliver MHFA  
Courses by MHFA Australia



**MENTAL  
HEALTH  
FIRST AID**  
[www.mhfa.com.au](http://www.mhfa.com.au)

This 2 hour workshop introduces participants to the signs and symptoms of common mental illnesses, how to provide initial support in a crisis, where and how to get professional help and what sort of help is likely to be effective.

Find out about full MHFA courses and how you can access one.

- **Whittlesea—Tuesday 22 May, 7pm—9pm**  
Whittlesea Community Activity Centre: 57—61 Laurel Street, Whittlesea.
- **Mernda—Monday 18 June, 6.30pm—8.30pm**  
Mernda Community House: 5 Heals Road, Mernda.
- **Thomastown—Monday 18 June, 10am—12pm**  
Thomastown Neighbourhood House: 52 Main Street, Thomastown.

**Bookings essential by email:**

**[landcare@whittlesea.vic.gov.au](mailto:landcare@whittlesea.vic.gov.au)**

For more information phone:

Emma Bennett—0437 345 475 or Jane Juliff—0417 127 841

