

# An Introduction to Mental Health

## ASK

The host agency  
about travel or  
babysitting support

## FREE

Learning and  
development

Mental illness will affect most of us at some point in our life, either directly or indirectly. Be on the front foot to know the symptoms, causes and treatments for some of the major mental illnesses.

Carers will learn:

- learn how to spot warning signs of mental health problems and respond appropriately.
- understand mental health crisis situations: suicidal thoughts and behaviors, panic attacks, severe effects of drug or alcohol use, psychotic states, aggressive behaviours.
- learn how to provide appropriate help (mental health first aid) and when and where to seek professional help.

## WHEN

Wednesday March 27 2019

Training: 6.00pm–9.00pm

## WHERE

Japara House, Annex Room

54-58 Durham Road

Kilsyth VIC 3137

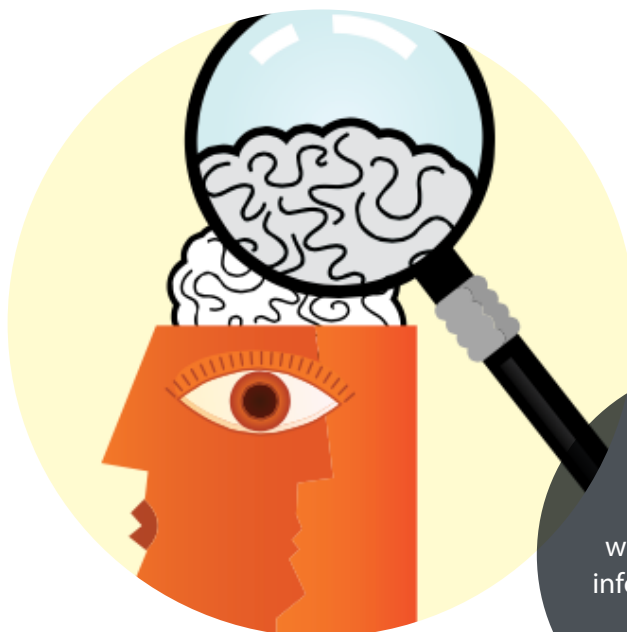
## HOSTED BY

Anglicare

(03) 9735 4188

## PRESENTED BY

The Australian Childhood  
Trauma Group



## TO BOOK

[www.carerkafe.org.au](http://www.carerkafe.org.au)

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