

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

Thursday February 21 2019
Training: 9:00am–3.00pm

WHERE

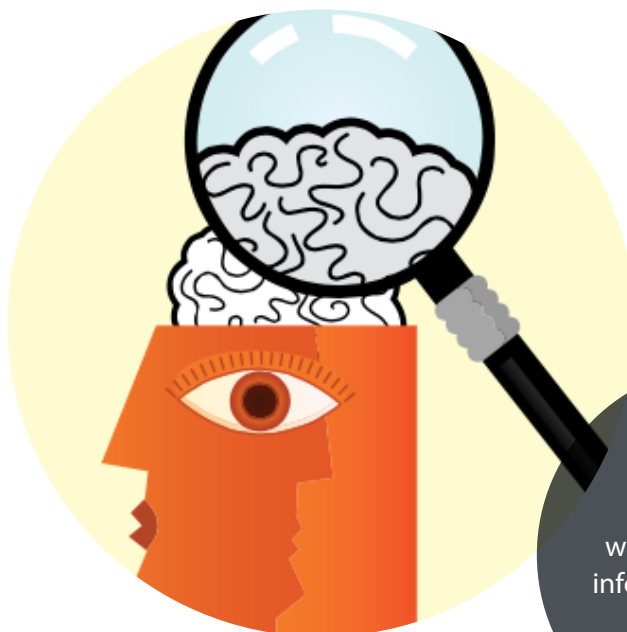
Baptcare,
Unit 3/131 Harvester Road
Sunshine VIC 3020

HOSTED BY

Baptcare
(03) 9373 3800

PRESENTED BY

The Australian Childhood
Trauma Group



TO BOOK

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