

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 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

Monday February 11 2019

Training: 9:30am–2:30pm

WHERE

Traralgon RSL
116/109 Grey St
Traralgon VIC 3844

HOSTED BY

Quantum
(03) 5120 2000

PRESENTED BY

The Australian Childhood
Trauma Group

TO BOOK

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