

# Building

DUBBO  
NEIGHBOURHOOD  
CENTRE  
80 Gipps Street

Workshop 1: 7-8  
March 2019  
Workshop 2: 21-22  
March 2019

LEARN TO  
LISTEN AND  
NOT JUDGE

RECOGNISE  
EARLY WARNING  
SIGNS THAT  
SOMEONE MAY  
BE AT RISK

SUPPORT YOUR  
COMMUNITY,  
FAMILY AND  
FRIENDS

GET HELP  
FROM OTHER  
SUPPORT  
NETWORKS

GET HELP  
FROM  
PROFESSIONAL  
MENTAL HEALTH  
SERVICES

HELP  
SOMEONE  
WHO IS GOING  
THROUGH A  
MENTAL HEALTH  
CRISIS

You can make a significant change in another person's life. You could be the difference!

Aboriginal and Torres Strait Islander Mental Health **First Aid Training**

- Developed using the consensus of Aboriginal Mental Health workers
- Focused on the importance of improving the mental health and wellbeing of Aboriginal and Torres Strait Islander people

FOR MORE INFORMATION  
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