

JOIN WELLNESS AUSTRALIA GROUP'S

Mental Health First Aid

Two Day Course

Our Mental Health First Aid Course is offered monthly across the Gold Coast and Gympie/Sunshine Coast regions.

This impactful training is open to community members, industry professionals, and our staff, aiming to build a stronger, more supportive network of mental health advocates.

Experience & Learning Outcomes:

This course provides practical skills and knowledge to assist individuals experiencing mental health challenges. Through accredited trainer-led sessions and engaging, real-world scenarios, participants will gain confidence in:

- Recognising the signs of mental health issues.
- Offering initial support to those in need.
- Connecting people with appropriate professional help and resources.

Reasons To Register

- **For You:** Enhance your understanding of mental health and build skills to make a difference in people's lives around you.
- **For Your Workplace:** Promote mental health awareness and resilience within your team.
- **For Your Community:** Contribute to creating a culture of care and support for all.



Program Details

WHEN: Two Full Days

WHERE: Gold Coast and Gympie

COST: \$250 per person

Register Now to secure your spot in this transformative course!

Book your spot today!

 1300 209 420

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WELLNESS AUSTRALIA GROUP
IS COMMITTED TO INCLUSIVITY

