



# Aboriginal & Torres Strait Islander Mental Health First Aid

**Camden Council is excited to be offering fee-free Aboriginal and Torres Strait Islander Mental Health First Aid Courses.**

Course participants learn about the signs and symptoms of common mental health problems in adults, how to recognise and respond to an emerging or worsening mental health problems in adults, and the supports available, including cultural context to community-based care.

**Thursday 16 October – Friday 17 October**

**8.30am – 4.30pm (both days)**

**Julia Reserve Youth Precinct, Peter Brock Drive Oran Park**

Morning Tea & Lunch will be provided.

Should you be interested in attending this training, please express your interest by visiting [bit.ly/Indigenous-Mental-Health-First-Aid-Courses](https://bit.ly/Indigenous-Mental-Health-First-Aid-Courses) or scan the provided QR code.

If you have any questions, please contact the Camden Council Volunteering Team via [volunteers@camden.nsw.gov.au](mailto:volunteers@camden.nsw.gov.au)



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