

Mental Health First Aid Training[®]

www.wildwellness.au



1 in 5 Australians aged 16-65 will experience a mental health problem in any given year, and 1 in 2 will in their lifetime. Therefore, the likelihood of you coming into contact with someone, or even experiencing this yourself is fairly high.

Become an accredited mental health first aider



The 2 day face-to-face course is based on guidelines developed through an expert consensus of people with lived experience of mental health problems, and professionals, approved by Mental Health First Aid Australia. It will equip adults with the knowledge, skills, and confidence to recognise, understand and respond to a friend, family member, co-worker or another adult experiencing a mental health problem or mental health crisis.

If you are a business or organisation, we can arrange for specific sessions just for you to suit your circumstances.

Contact us today for more details and a quote for your workplace at
wildwellness@innermanadventures.com.au

the guys who do the mental health stuff