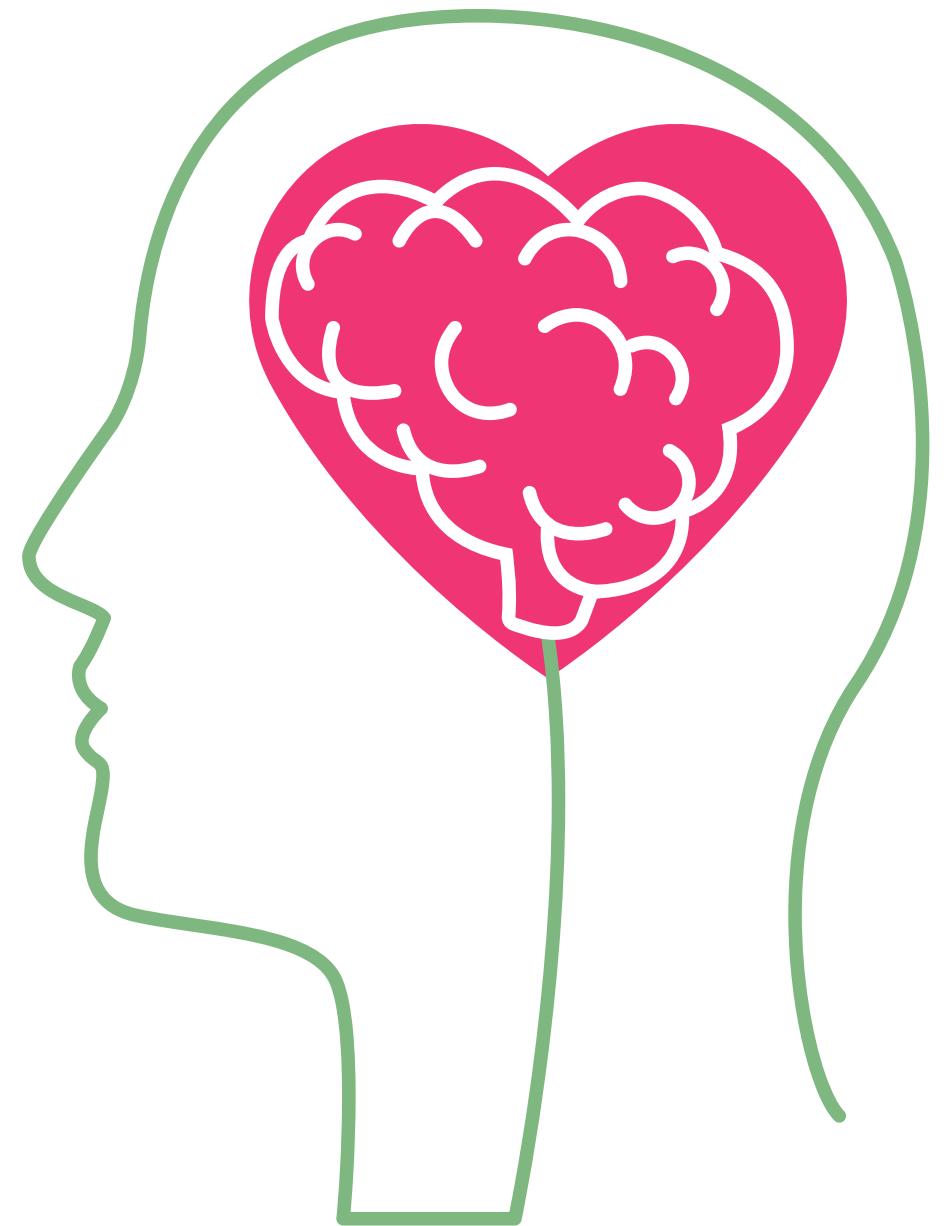# Mental Health

First Aid Training

Sign up for a Mental Health First Aid course at North Richmond Community Health in March 2023

What will you get out of this course?

- Learn how to support each other when family and friends have mental health problems
- Help more people in our communities with mental health problems
- Get a certificate for your learning

The course is $20 for public housing residents. Bilingual workers will be delivering the training in Somali and Arabic.

Your support can save lives and make a difference!

Please send your interest to Achut Thuc at achutt@nrch.com.au