



Standard Mental Health First Aid

A FREE two-day course to learn skills and gain confidence to support people experiencing mental health challenges.

When: 9 am–4:30 pm
Thursday 24 & Friday 25 July 2025

Where: Jerramungup Community Resource Centre,
8-10 Tobruk Rd, Jerramungup WA 6337

Cost: Free training, incl. morning & afternoon tea,
BYO lunch

Your Trainer: Mark Davies

Register: Email admin@jerramungupcrc.com.au or
call 08 9835 1630 or 0475 012 459

In partnership with



What is Mental Health First Aid?

Mental Health First Aid is the help provided to a person who is developing a mental health problem, experiencing a worsening of a mental health problem, or a mental health crisis.

What you'll learn

Topics cover a range of common challenges and situations, including:

- anxiety
- depression
- psychosis
- substance use
- suicidal thoughts and behaviours

You'll receive a Standard Mental Health First Aid manual.

Become accredited

Complete a short online assessment after the course to become an Accredited Mental Health First Aider for 3 years.