



Let's Talk

Thursdays
1 August to
29 August
9am - 12:30pm

Mental Health First Aid Course for the Bangladeshi Community

This 5 week educational course (5 x 3 hour weekly sessions) is for interested adults to gain practical skills in mental health first aid. Participants learn in a safe and interactive environment, how to provide mental first aid help for family, colleagues and friends.

In this course you will learn how to:

- Recognise the signs and symptoms of common mental health problems
- How to help people experiencing mental health issues
- How and where to get professional help for people experiencing mental health issues

SESSION TIMES

Thursday 1 August 2019	9am - 12:30pm
Thursday 8 August 2019	9am - 12:30pm
Thursday 15 August 2019	9am - 12:30pm
Thursday 22 August 2019	9am - 12:30pm
Thursday 29 August 2019	9am - 12:30pm

This program is a partnership between the Health Promotion Unit SLHD, Can Get Health in Canterbury project – Central and Eastern Sydney PHN, and Let's Talk Cervical Screening Awareness Project. A qualified interpreter will be present at each session.

VENUE

Lakemba Library
62 The Boulevarde
Lakemba NSW 2195

TIME & DATE

Every Thursday in August
9:00am - 12:30pm

REGISTRATION

Moushumi Martin (02) 9789 3744
moushumi.martin@metroassist.org.au
or Feroza Yasmin 0451 403 428

Light refreshments will be provided.
Unfortunately child minding is not available, and it is not recommended for children to attend.



Health
Sydney
Local Health District



CAN GET HEALTH
Supporting the Canterbury Community



metro assist