

# Building Strong Minds

LEARN TO  
LISTEN AND  
NOT JUDGE

RECOGNISE  
EARLY WARNING  
SIGNS THAT  
SOMEONE MAY  
BE AT RISK

SUPPORT YOUR  
COMMUNITY,  
FAMILY AND  
FRIENDS

GET HELP FROM  
OTHER SUPPORT  
NETWORKS

GET HELP FROM  
PROFESSIONAL  
MENTAL HEALTH  
SERVICES

HELP SOMEONE  
WHO IS GOING  
THROUGH A MENTAL  
HEALTH CRISIS

**FREE TRAINING**

**You can make a significant change in another person's life. You could be the difference!**

## **Aboriginal and Torres Strait Islander Mental Health First Aid Training**

- Developed in conjunction with Aboriginal Mental Health workers
- Focused on the importance of improving the mental health and wellbeing of Aboriginal and Torres Strait Islander people

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