

Mind Your Mates - bringing mental health awareness to the community

Mind Your Mates is a 45-minute 'toolbox tool' about recognising the signs of depression, anxiety and thoughts of suicide. This presentation is delivered by Lifeline skills-for-life suicide prevention trainers.

Mental illness can affect anyone at any time, but how many of us would know what to do, or what to say, if someone is distressed or in a crisis situation? Most of us have heard of or undertaken training in physical first aid, but when it comes to mental health or emotional first aid, we are not so well-trained or equipped.

Takeaways from this presentation:



Recognise the warning signs of mental health problems



Provide skills needed to speak openly about mental health



Gain knowledge about how to offer support and what services to refer someone on to if they require professional support



**45 Mins
Presentation**

Some people suffer a mental health problem alone rather than reach out for help. The number one thing you can do is offer your support if you suspect someone may need it.

WHEN: Saturday 3 June 2023
9.00am – 11.00am

WHERE: Port Macquarie
Neighbourhood Centre
2 Dodds Street, Pt Macquarie
Port Macquarie

COST: Fully funded, \$0

BOOK: [HERE](#)

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This presentation funded by the Australian Government is intended for those living in or around Port Macquarie

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