

Mental Health Matters

FREE online training



This FREE 1.5 hour session is an ideal introduction to Mental Health training. It is designed to give a basic understanding of how to identify if someone you know might be experiencing mental health concerns and what to do.

Topics covered include:

- History of mental health support
- Recognising mental health concerns
- Common mental illnesses
- Support and assistance

There are no prerequisites or assessments for this course. Participants will be provided with a workbook to complete and issued with a statement of participation.

To register your interest in a FREE course now, email:
communitystrengthening@frankston.vic.gov.au or phone: 9768 1629