

FREE EVENT

for farmers,
family & friends



Australian Red Cross is offering **FREE Mental Health Matters** workshops to all residents.

Come to this engaging interactive session and learn more about why mental health wellbeing matters and how to develop strategies for yourself and to how to better support others.

The program offers a nurturing and accepting environment and covers topics such as: how mental health impacts us; resilience and self-care; recovery and rebuilding; recognising the signs of when more support is needed, how to respond to others, where to refer to for further help and what to do in a mental health crisis.

redcross.org.au/learn

phn
MURRUMBIDGEE

An Australian Government Initiative

We provide refreshments,
participant's learning pack and
Certificate of attendance.

the
power of
humanity

