



**Health**  
Murrumbidgee  
Local Health Network



## 2 Day Mental Health First Aid Training Course-West Wyalong

<p><b>Monday 24 and Monday 31 October, 2011</b></p>	<p><b>West Wyalong Sports Club, Tallimba Road, West Wyalong</b></p>	<p><b>9.00am – 4.30pm (Both Days)</b></p>
---	---	---

### Who Should Attend?

The NSW Health funded Rural Adversity Mental Health Program, in collaboration with the Murrumbidgee Local Health Network, are delighted to offer this workshop to rural community members from West Wyalong and surrounding areas, and people who work with them.

### Course Outline:

The course covers helping people in mental health crisis situations and/or in the early stages of mental health problems.

Participants will learn the signs and symptoms of common mental health problems, where and how to get help and what sort of help has been shown by research to be effective.

### Presenters:

Merilyn Limbrick and Fiona Perrett

### What to bring to the course?

All necessary resources are provided although participants are free to take a pen and paper for note taking if they wish.

### Fees:

Free of Charge

### Refreshments:

Morning Tea, Lunch and Afternoon tea are provided at no cost for both days.

### Enrolments Close:

Thursday 20 October, 2011

### Course Applications:

Complete the attached registration form and return either electronically, by fax, post or over the phone to the details shown below.

Georgia-Lee Pollard  
RAMHP MHFA Project Coordinator  
Centre for Rural & Remote Mental Health  
Locked Bag 6005  
Orange, NSW 2800  
**Phone:** 02 63638426 **Mob:** 0429 994 025  
**Fax:** (02) 6361 2457  
**Email:** [georgia.pollard@gwahs.health.nsw.gov.au](mailto:georgia.pollard@gwahs.health.nsw.gov.au)

**For more details or any last minute  
issues please call Merilyn Limbrick on  
0428 249 719**



Supported by  
the NSW Health  
Rural Adversity  
Mental Health  
Program  
'RAMHP 10-11'

Coordinated through:



Centre for  
Rural & Remote  
Mental Health



**Health**  
Murrumbidgee  
Local Health Network



**2 Day Mental Health First Aid Training Course – West Wyalong**  
*West Wyalong Sports Club, Tallimba Road, West Wyalong*  
*Monday 24 and Monday 31 October, 2011: 9.00am–4.30pm (Both Days)*

**Registration Form**

**\* Attendance is free of cost, with morning/afternoon tea and lunch provided.**  
(Please Print Clearly)

<b>Name:</b>		<b>Age:</b> (years)	
		<b>Male:</b> <input type="checkbox"/>	<b>Female:</b> <input type="checkbox"/>
<b>Do you work on a farm?</b>		<b>Yes</b> <input type="checkbox"/>	<b>No</b> <input type="checkbox"/>
<b>Are you of Aboriginal or Torres Strait Islander descent?</b>		<b>Yes</b> <input type="checkbox"/>	<b>No</b> <input type="checkbox"/>
<b>Occupation &amp; Organisation:</b>			
<b>Postal Address:</b>			
	<b>Post Code:</b>		
<b>Phone:</b>		<b>Fax:</b>	
<b>Mobile:</b>		<b>Email:</b>	
<b>Special Needs:</b> ie: Diet, Access Requirements etc			

\* Please phone, fax, e-mail or post completed registration forms to:

Georgia-Lee Pollard  
RAMHP MHFA Project Coordinator  
Centre for Rural & Remote Mental Health  
**Locked Bag 6005 Orange, NSW 2800**  
**Phone:** (02) 6363 8426      **Mob:** 0429994025      **Fax:** (02) 6361 2457  
**E-mail:** georgia.pollard@gwahs.health.nsw.gov.au



Supported by  
the NSW Health  
Rural Adversity  
Mental Health  
Program  
'RAMHP 10-11'

Coordinated through:



Centre for  
Rural & Remote  
Mental Health