



INVITATION

To Rotarians and Partners of Group 5

Wednesday, September 13

~ **Mental Health First Aid** ~



Would you recognise the signs of someone in trouble?

Someone who is about to go into a depression? Someone who is about take his or her own life?
Someone who is participating in risky behaviour, misusing alcohol or drugs?

Would you know what do if you did see the signs?

Many of us have said to ourselves,
“If only I’d known! Maybe I could have helped?”



Mental Health First Aid Courses are available to us through Mental Health Partners. These courses are designed to equip us with the skills to uncover the hidden signs behind someone’s out of character behaviour, and help them to get their lives back on track.

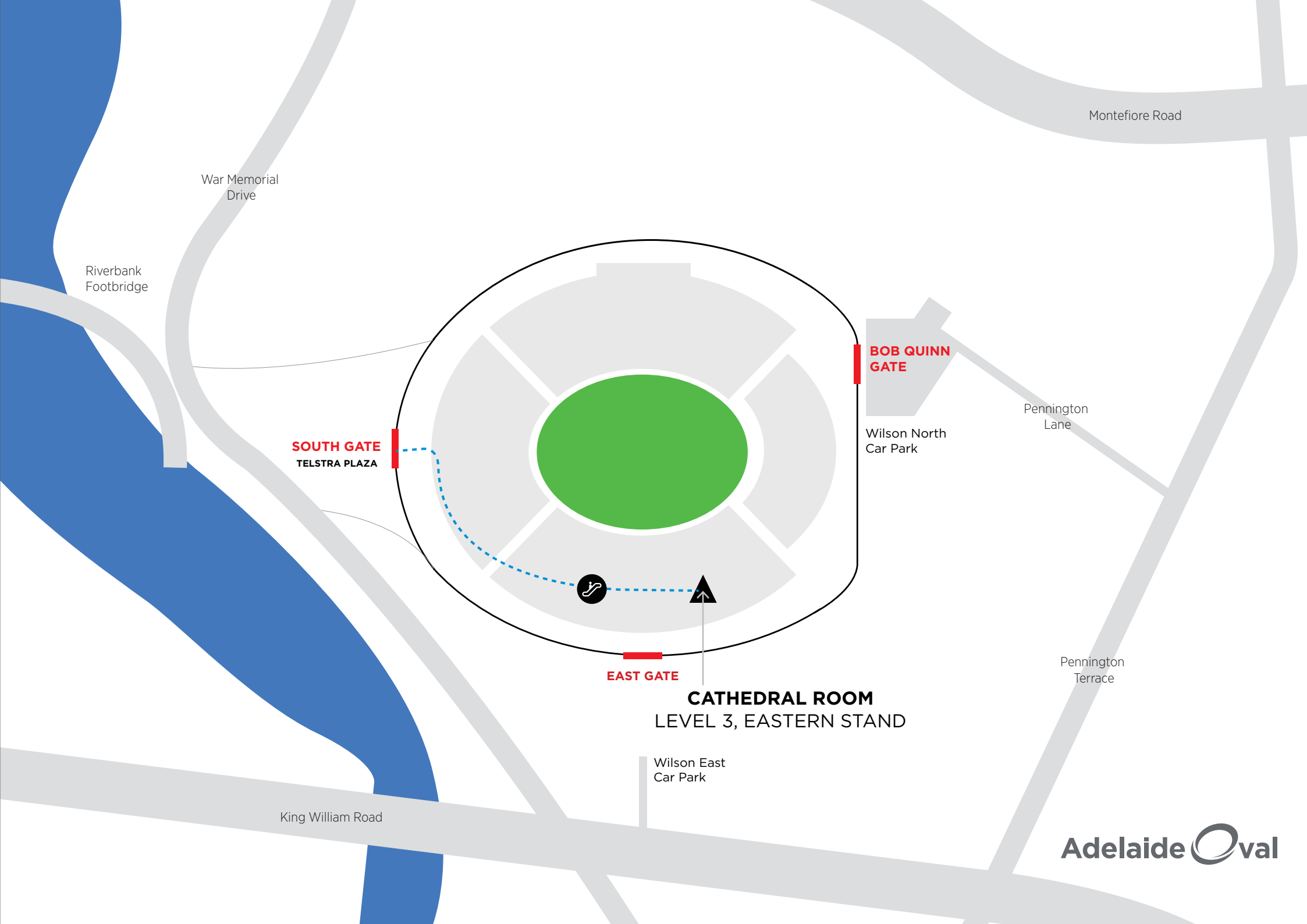
David Moran, a specialist in Mental Health First Aid, will talk to us about how to recognise the early signs and symptoms of someone developing a mental illness.

**Join us at 6.00pm for 6.30pm on Wednesday, September 13, 2017
in The Cathedral Room
at The Adelaide Oval**

Dinner - \$25.00 pp

R.S.V.P. to Lynne on [0413-584-906](tel:0413-584-906) or email lynnelayng5@bigpond.com

**Book by Thursday September 7 to secure your seat
Book early as seating is limited**



Montefiore Road

War Memorial Drive

Riverbank Footbridge

SOUTH GATE
TELSTRA PLAZA

BOB QUINN GATE

Wilson North Car Park

Pennington Lane

EAST GATE

CATHEDRAL ROOM
LEVEL 3, EASTERN STAND

Pennington Terrace

Wilson East Car Park

King William Road