

Do you work with, or know a **farmer**, or a person affected by the current **rural crisis**?



Do you know the **signs** that someone isn't coping under **stress**?

Would you know how to **help**?

DATE:

FRIDAYS 19TH JULY AND
2ND AUG 2019

TIME:

9.30AM—3.30PM each day

VENUE:

STRATFORD UNITING
CHURCH HALL

Light lunch provided

THIS 12 HOUR COURSE WILL TEACH YOU TO

- Identify and approach if you are concerned about someone.
- Listen and understand without judging.
- Pass on information about getting treatment.
- Give help and support to someone experiencing a mental health problem.
- Know what to do if a crisis situation arises.

FREE FOR VOLUNTEERS

\$100 Employees

**Bookings essential! Please call:
DIANE ROBINSON**

mobile: 0438 841 270

email: ruralfamilyresources@bigpond.com

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