



ARE THEY OK?

A free 60 minute presentation designed to equip attendees with basic information to support others who may be thinking about suicide or are in crisis.

Learn how to NOTICE.

Learn how to have a CONVERSATION.

Learn about options for SUPPORT.

Suitable for workplaces, community groups and anyone who has an interest in being able to support others through difficult times.

Facilitated by the Mental Health Association of Central Australia

To register your interest contact the Health Promotion Unit of MHACA on 8950 4600 or email info@mhaca.org.au



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