



Calling Community Champions for Mental Health

Do you have friends, family or colleagues suffering poor mental health or struggling with alcohol and substance use?

Anglicare WA is hosting free Community Champions training workshops helping you to expand your knowledge and awareness of mental health, alcohol and drug use.

This free course is designed for people who don't have a background in this area but who might be confronted with these issues in daily life.

Topics include:

Mental health issues/diagnosis

Mental health & substance use interaction

De-escalation techniques

Boundaries – setting boundaries for your safety and health

Crisis/emergency Management

Referrals onto local organisations

Courses near you:

Wheatbelt - Northam, Moora, Narrogin

Southwest - Bunbury, Collie

Kimberley - Broome, Kununurra

Pilbara - Port Hedland, Karratha

Midwest - Geraldton, Cue, Carnarvon

Great Southern - Albany, Denmark, Katanning

Goldfields - Kalgoorlie, Leonora, Laverton

To express interest or learn more, contact Kristi Treadgold, Project Manager, Community Champions Project

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Anglicare WA acknowledges WA Primary Health Alliance (WAPHA) for providing funding in its role as the operator of the Country WA PHN.

