

armidale *family* support service



**ramhp**

RURAL ADVERSITY  
MENTAL HEALTH  
PROGRAM

# ***Community Support Skills***

*Connecting community members with the help they want*

Would you like to know how to recognise when someone may not be travelling well?  
Would you like more information about how and where help is available for mental health concerns?

This **1.5 hour short course** will cover:

- signs that someone may not be travelling well
- understanding services and how to access them
- how to have a conversation with someone you're worried about and encourage them to seek help
- how to provide simple and helpful support
- how to help someone at risk of suicide

**When: August 30th 2018, 1.30pm-3.00pm**

**Where:** Armidale Regional Council Library

**RSVP:** Kye Single

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THE UNIVERSITY OF  
**NEWCASTLE**  
AUSTRALIA



**Health**