FOUNDATION BAROSSA
Giving Today to Enable Tomorrow

# BGWA MENTAL HEALTH FIRST AID TRAINING GRANTS

Are you a member of the Barossa Grape & Wine Association?

Do you have an interest in attending mental health first aid training to identify and assist those that may be experiencing issues with mental health?

Course participants learn about the signs and symptoms of common and disabling mental health conditions and how to use a systematic approach to effectively assist those who are experiencing a mental health crisis.

It also covers strategies that have been proven to be effective in treating and managing mental health conditions, as well as how and where to access professional help.

**APPLY NOW | 18 PARTICIPANTS**
**TRAINING HELD AT THE BAROSSA CELLAR**
**DECEMBER 6 – 7**

Image © Wine Australia

**COST: FREE**
**APPLY ONLINE**
**FOUNDATIONBAROSSA.ORG.AU**