## FARMER HEALTH Free Mental Health Training



Do you want to learn how to identify, understand and assist people experiencing stress?

## Millmerran

Date: Wednesday 19th June Time: 12pm - 3pm Meal: Lunch will be provided from 12pm Venue: The Mill Inn Tavern, 33 McKenzie St, Millmerran

We are looking for farmers, community members and agricultural industry representatives who want to learn more about mental health and increase their capacity to help community members and farmers navigating ongoing seasonal challenges.

No prior experience with mental health or counselling required.

## Spaces are limited email: richard.henshaw@health.qld.gov.au or phone: 07 4616 6760

These workshops have been made possible by funding from Darling Downs and West Moreton PHN.



Darling Downs Health



## www.farmerhealth.org.au