



## CONVERSATIONS ABOUT NON-SUICIDAL SELF-INJURY

Latrobe Regional Hospital



**MENTAL  
HEALTH  
FIRST AID**  
Australia

Accredited Instructor

The 4-hour Mental Health First Aid Conversations about Non-suicidal Self-injury course teaches any adult (18 years and over) how to identify, approach and support someone who is engaging in self-injury. Learn the skills and knowledge to help someone talk about their self-injury, how to keep them safe and connect them to appropriate professional help. Participants will also have the opportunity to practice these skills in a safe environment.

**MHFA-NSSI**  **Monday 21<sup>st</sup> February 2022** **Time:** 0900 – 1300

**Venue:** South Gippsland Trade Skills Alliance – Leongatha

**Trybookings Link -** <https://www.trybooking.com/BVUWC>

**MHFA-NSSI**  **Tuesday 22<sup>nd</sup> March 2022** **Time:** 0900 – 1300

**Venue:** Latrobe Community Mental Health Service – Traralgon

**Trybookings Link -** <https://www.trybooking.com/BVUWH>

**MHFA-NSSI**  **Friday 1<sup>st</sup> April 2022** **Time:** 0900 – 1300

**Venue:** The Wonthaggi Club - Wonthaggi

**Trybookings Link -** <https://www.trybooking.com/BVUWJ>

**Venues address:**

**Latrobe Community Mental Health Service** – 20 Washington Street, Traralgon

**South Gippsland Trade Skills Alliance** – 71 Ogilvy Street, Leongatha

**The Wonthaggi Club** – 16 McBride Avenue, Wonthaggi

- *Cancellations with less than 7 days notice prior to commencement will incur full course cost, LRH staff will also be charged full course cost if cancellations are made during this time.*

*Note: The information provided in MHFA courses is for general mental health first aid only and is not intended to be and should not be relied upon as a substitute for specific professional medical advice.*