

# Tarcutta Valley Landcare



**This 3 hour short course covers:**

- **stress - impacts and coping techniques**
- **communications skills**
- **signs a person may be struggling with their mental health**
- **finding and providing help**
- **how to help someone at risk of suicide**
- **and more.....**

## MENTAL HEALTH INFORMATION WORKSHOP



**MONDAY 23 OCTOBER**  
**6:30PM - 9:30PM**  
(dinner provided)



**WHERE: TARCUTTA RSL, 45**  
**Sydney Street, Tarcutta.**



**COST: free.**



**RSVP by Friday 20th October**  
**to: [mgorham@mli.org.au](mailto:mgorham@mli.org.au)**