



MENTAL HEALTH FIRST AID®

For Anyone. For Everyone.™

EQUIP YOUR WORKPLACE AND COMMUNITY TO THRIVE



Accredited, evidence based, learnable



Join over 7 million people trained globally

Learn life changing & saving skills: Be equipped with the skills to recognize when someone may be experiencing a mental health crisis and take immediate, effective action.

Expand knowledge and awareness: Learn about a range of helpful resources, both professional and non-professional, to effectively support individuals facing everyday and mental health challenges.

Evidence based training: Participate in a program built on a proven intervention model, facilitated by certified experts that is designed to reduce stigma of mental illness.

Thought provoking: Engage in a dynamic training experience designed to build confidence, reflection and competence in handling everyday challenges before they escalate.

Build a stronger community: Enhance workplace and community ability to care and support one another, fostering a healthier and more connected environment.

2025 MHFA HOSTED BY ALL ABOUT TRANQUIL FACILITATORS: Michaela Mitchell & Jennifer Oak

DATES: Feb 18th & 25th , June 2nd & 3rd,
Sep 8th & 15th, Nov 18th & 25th
(2 day training)

WHERE: TRANQUILLITY CRESCENT BRIDGEWATER
INVESTMENT: \$330 (Catering & workbook included)

Join us at our unique location on 1 acre with breathtaking views

BOOKINGS: WWW.AATRANQUIL.COM.AU OR

AATRANQUIL@GMAIL.COM

(private bookings available)



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