Project365 U can cry!



Mental Health First Aid Scholarships

The Mental Health Coach has teamed up with Project 365 and the Ovens and Murray Football and Netball League to bring accredited Mental Health First Aid training to your community.

Project 365 is deeply committed to giving back to the community by investing in its mental health. The funds raised through our events, such as Bringing Light to the Dark, The Ripple Effect and our recent Gala Dinner, are channelled directly into providing Mental Health First Aid Scholarships.

These scholarships provide the Wangaratta community with a unique opportunity to learn how to recognise and address mental health challenges. By fostering mentally healthy workplaces and communities, we aim to build stronger, more supportive environments where individuals are empowered to help not only their colleagues but also their clients, friends, and families.

This initiative reflects our belief that mental health care should be a community effort. Through these scholarships, we're not only helping businesses take care of their teams but also ensuring that the ripple effect of support reaches the entire community. Together, we can create a healthier community.

What you'll learn

Learn about mental health and mental illness, the signs and symptoms of the common mental health problems people face, where and how to get help when a person is developing a mental illness, what sort of help has been shown by research to be effective, and how to provide first aid in crisis situations.

Developing mental health issues covered

- Depression
- Anxiety
- Psychosis
- Substance use problems

Mental health crises covered

- Suicidal thoughts and behaviours
- Non-suicidal self-injury and self-harm
- Panic attacks
- Traumatic events
- Severe psychotic states
- Severe effects of alcohol or other drug use

Who's the program for?

Our program is open to anyone aged 18 or over.

Footballers, netballers, club coaching staff or volunteers, supporters - anyone passionate about positive mental health outcomes are welcome to apply.

If you aren't quite sure you're eligible, please apply anyway and we'll get in touch with you to work it out.

Where, when and how much?

The course is two days duration. To complete the course, you'll need to attend both days.

15th February 2027, 9am - 4pm, SS&A Club, Albury, &
22nd February 2027, 9am - 4pm, Wangaratta Turf Club

The course is fully funded by Project 365 Scholarships.

Places in the program are limited. To apply for a spot, complete the expression of interest below.

To register your interest, head to: go.tmhc.au/MHround or scan the QR code

For more information, contact Nick at *nick@thementalhealthcoach.com.au* or call *0493 063 530* or *1300 302 462.*