



The Emergency Services Foundation (ESF) has developed a Mental Health Matters workshop with support from the State government, especially for emergency service volunteers and their partners/ support persons.

The 2.5 hour program can be delivered locally at a time that suits you!

Open to all Victorian emergency service volunteers and their partners / support person, this free workshop is a unique opportunity to learn how to protect your wellbeing and support each other.

Start by registering your interest and nominating a suitable date and venue.

We will help you gather a crowd by providing promotional materials.

Think about making this an event for your community by inviting people from other local agencies you work with.

We especially encourage you to invite partners of volunteers!

Dates are limited so start by registering your interest here: <https://esf.com.au/programs/mental-health-matters-2022/>