



FIRST AID MENTAL HEALTH

Introductory workshop designed by psychologists and healthcare professionals

This workshop is designed to increase awareness to the signs of an individual having a mental health crisis. Beyond asking are you okay, it is about equipping people with the skills to have a courageous conversation with someone who may be struggling mentally & providing the appropriate levels of support. The primary aim of this workshop is to increase confidence to have conversations around mental health.

Course overview

- Identifying the signs and symptoms of a mental health emergency
- TALK model for mental health first aiders
- Active listening skills
- External mental health support services available
- Strategies to improve and maintain mental health

HALF DAY DELIVERY FORMAT



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DELIVERED AUSTRALIA WIDE

