



Mental Health Awareness

Course Overview

This program will increase your awareness and understanding of mental health issues. It will also help you recognise some of the signs of different mental health issues and guide you on how to respond appropriately.

Duration and Delivery Modes

4-hour face-to-face classroom delivery; OR
3-hour online instructor-led training session.

Main Topics

- + Stress
- + Anxiety
- + Depression
- + Suicide
- + Addictive behaviours
- + Triple-R for mental health: Recognise – Respond – Refer

All participants receive a statement of attendance and a copy of the book *Healthy Minds Productive Minds: Mental Health in the Workplace* by Lyn Benson and John Haines



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