



Mental Health Courses

Mental Health Awareness

Course Overview

This half-day (4-hour) program will increase your awareness and understanding of mental health issues. It may also help you recognise some of the signs of different mental health issues and guide you on how to respond appropriately.

Main Topics

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

Mental Health Education Workshop

Course Overview

This full-day practical program will increase your awareness and understanding of mental health issues. It will also equip you with the necessary knowledge and skills to recognise, respond and refer someone with a mental health issue on to professional help.

Main Topics

- + Anxiety
- + Depression
- + Suicide
- + Psychosis
- + Addictive behaviours
- + Substance misuse
- + Triple R for Mental Health: Recognise – Respond – Refer

Activities

- + How to recognise an issue
- + How to respond appropriately
- + Where to find help / refer
- + Role plays
- + Using the right words
- + Setting up boundaries



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