



Mental Health Workshop

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

- + Stress
- + Anxiety
- + Depression
- + Suicide
- + Psychosis
- + Addictive behaviours
- + Substance abuse
- + 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



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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Registered Training Organisation 3586