



## Responding to and Communicating with People with Mental Health or Emotional Issues



### Overview

This one day workshop provides information for understanding people with mental health or emotional issues. Being prepared with mental health first aid knowledge and skills will empower participants to offer help to others until professional help is available or until the crisis is resolved. The aims are to preserve life, prevent further harm, promote recovery and provide comfort.

### Topics Covered:

- ✚ how to know if someone is experiencing a mental health or emotional issue
- ✚ common mental health problems and stigma
- ✚ common myths and misunderstandings
- ✚ the signs and symptoms of developing mental health problems: depression, anxiety, substance misuse, psychosis
- ✚ first aid for mental health crises: suicidal thoughts and behaviours, self-injury, panic attacks, traumatic events, severe psychotic states, acute effects of alcohol misuse, acute effects of drug misuse and aggressive behaviour.
- ✚ the five steps of mental health first aid
- ✚ how to approach someone in distress
- ✚ what is helpful and unhelpful
- ✚ how to be supportive
- ✚ how to suggest professional help
- ✚ self-help strategies
- ✚ self care.

<b>Who can attend?</b> Managers, workers/volunteers.	
<b>Date:</b> Thursday 01 March 2012 <b>Time:</b> 9:30am – 4.00pm	<b>Venue:</b> Level 3 Bowen Library. 669 Anzac Pde, Maroubra Junction 2035
<b>Cost:</b> <del>Cost:</del> HACC staff/volunteers \$55 (prices include 10% GST) Non-HACC staff/volunteers \$110 (Please contact VAST for more information on Non-HACC bookings) <b><i>The total training fee will be charged if less than 14 days notice is given of a cancellation.</i></b>	
<b>Facilitator:</b> Marianne Gabriel has 25 years experience as a Registered Nurse specialising in the critical care areas of: Adult Intensive Care, Neonatal Intensive Care, Operating Theatres and Recovery. As a Registered Psychologist for the past 12 years in private practice, Marianne utilises a holistic approach toward health and well-being in her work with children, adolescents, adults, couples and families. She provides training to organisations and groups on a wide range of topics.	

**Full payment is due at time of booking.**

**Please go to our website to download the booking form**

<http://www.jnc.org.au>

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