



MENTAL HEALTH AWARENESS FOR DISABILITY WORKERS



Duration: 3 hours

Delivery mode: In class training

Entry Requirements

Participants are required to have a reasonable level of verbal and written skills.

Prerequisites

There are no prerequisite for this workshop.

Application and Relevance

This workshop provides you with a foundational understanding of common mental health problems, including general signs and symptoms, and how to offer support.

This workshop has been designed as an awareness workshop for people who support individuals with disabilities.

Assessment Methods

There are no assessment for this workshop.

Workshop Content

This workshop provides foundational knowledge and skills to identify and respond to common mental health problems when supporting people with disabilities.

It includes:

- The mental health continuum.
- Defining mental health conditions and psychosocial disability.
- Rates of mental health conditions and psychological distress.
- The impact on daily activities.
- Attitudes toward mental health conditions and reducing stigma.
- Signs of common mental health conditions.
- How to have a supportive conversation.
- Reporting and managing up.
- Supports and services available.

Award Issued

A certificate of attendance will be awarded.

No statement of attainment is issued for this Training.

THIS IS NON ACCREDITED TRAINING

(No Statement of Attainment will be issued)

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