

Training Dates 10/11 October 2019 – Mental Health First Aid

Mental Health First Aid – Open Arms – Redcliffe RSL.

Timings approx. 0900 – 1600 hr

Lunch at the expense of the student.

3 CPD points awarded.

Nominations via the CPD workspace - #7 Attendance at an ATDP approved seminar – Action – Access Activity - 10/11 Oct 2019- Register.

Minimum number 10 students

Maximum number 20 students

Mental Health First Aid (MHFA)

MHFA workshops teach simple, practical skills for helping a family member, friend, co-worker or other person who is experiencing a mental health problem such as depression, anxiety, psychosis and/or substance use problems. MHFA will teach you how to listen and respond to someone with a mental health problem, even if they are in crisis. You'll learn how to help someone to access the support they might need as part of their recovery journey. What's more, you'll be able to help reduce stigma in the veteran community by responding appropriately to myths about mental illness.

MHFA is not group therapy or self-help. MHFA is a 2-day workshop appropriate for someone whose work or volunteer role, or community engagement activities may bring them into contact with someone experiencing common mental health problems.

Safe TALK and ASIST are planned and booked in for February and March 2020.
(Both Attract CPD points)

Applied Suicide Intervention Skills Training (ASIST)

The 2-day ASIST workshop provides skills to intervene with someone having thoughts of suicide - working with them to help them feel less overwhelmed and suicidal. Perhaps most importantly, the ASIST model also involves creating a safety plan to avoid the danger of suicide in the future, including linking them with appropriate help.

Virtually anyone, regardless of prior experience or training, can become an ASIST-trained caregiver to intervene and help a colleague, family member or friend before thoughts of suicide become actions. The suicide intervention skills learnt in ASIST complement the skills learnt in MHFA, which has a broader focus on mental health issues that may or may not lead to thoughts of suicide.

Suicide Alertness for Everyone (safeTALK)

safeTALK is a half-day alertness workshop that prepares anyone to become more suicide-alert. Most people with thoughts of suicide don't truly want to die, but are struggling with the pain in their lives. Through their words and actions, they invite help to stay alive. safeTALK-trained helpers can recognise these invitations and take action by connecting them with life-saving intervention resources, such as caregivers trained in ASIST.

By working in concert, people with safeTALK and ASIST training create a larger, more effective network of suicide intervention resources. safeTALK is appropriate for those unable to commit to two days of ASIST training, or whose roles may see them have time-limited contacts e.g. reception, hospitality, security roles.