

**Current courses available for in-house delivery. Contact Talking About...Training for more information**

WORKSHOP TITLE	TARGET AUDIENCE	DURATION	ATTENDEE NUMBERS
<b>TALKING ABOUT...MENTAL HEALTH – ALL STAFF</b>			
<b>Mental Wellbeing at Work – What Everyone Needs to Know (MWW-E)</b> –skills based session to increase mental health literacy, suicide awareness and promote self-care	All staff	2 hours	Min 6 – Max 22
<b>Mental Health &amp; Self Care (MH Intro) – An introduction</b> – to increase mental health literacy and promote self-care	Any adult All staff	90 minutes	Min 6 – Max 22
<b>TALKING ABOUT...MENTAL HYGIENE – ALL STAFF</b>			
<b>Self-care - Understanding and strategies</b>	Any adult All staff, any adult (16+ yrs)	90 minutes each topic	Min 6 – Max 22
<b>Self-care – The role of self-talk</b>			
<b>Self-care – Understanding and managing stress</b>		2 hour workshop	
<b>Anger – Causes, costs and controls</b>			
<b>TALKING ABOUT... MENTAL HEALTH - MANAGERS, SUPERVISORS</b>			
<b>Managing Mental Wellbeing at Work – What Managers Need to Know (MWW-M)</b> - designed to provide managers and supervisors with basic skills and tools to identify & support workers with mental health issues	Managers, supervisors, team leaders, WHS, HR	4 hours	Min 4 – Max 22
<b>TALKING ABOUT... MENTAL HEALTH FIRST AID (MHFA)</b>			
<b>Standard Mental Health First Aid –(MHFA)</b> – Accredited <i>*Participants can be registered individually on public courses conducted in Hobart, Launceston and Ulverstone throughout the year ( minimum charge 10 people if delivered exclusively)</i>	Any interested community member Supervisory staff Community members	12 hours (delivered over 2 days)	Min 1* - Max 22
<b>TALKING ABOUT...COMPANY/ COMMUNITY CHAMPIONS</b>			
<b>Company /Community Champions</b> – Mental health and crisis support- skills based session to provide confidence to recognise and respond to colleagues, family and friends and knowledge to link to appropriate support. Suitable for any adult 16+ years	Any interested community member, Emerging leaders, natural helpers, 'go-to people", frontline personnel, supervisory staff	6 hours	Min 2 – Max 22
<b>TALKING ABOUT...TALKING ABOUT MENTAL HEALTH * Suggested addition to WW-M, Company Champions &amp; MHFA training</b>			
Conducting a mental health conversation – scenario based practical application of skills learned in previous training  <i>*Pre-requisite to have completed WW-M, MHFA or Company/Community Champions training</i>	Emerging leaders, natural helpers, 'go-to people", frontline personnel, supervisory staff	4 hours	Min 4 – Max 22
<b>TALKING ABOUT...BULLYING</b>			
<b>Bullying – Understanding &amp; Helping</b>	All staff	90 minutes	Min 6 – Max 22
<b>Managing Bullying at Work</b> – a risk control perspective	Managers, supervisors, team leaders, WHS, HR	2 hours	Min 4 – Max 22
<b>TALKING ABOUT...SUICIDE</b>			
<b>Talking About Suicide – Includes “Do A.L.L. You Can for A Mate” - (TAS)</b> Suicide Prevention, Intervention, and Self-Care. Provides basic suicide awareness, recognition and intervention skills, including self-care.	Any adult 16+ years	90-minute info session to 4-hour workshops	Min 6 – Max 30
<b>Talking About Suicide Bereavement.</b> Postvention, prevention and self-care. Provides understanding about suicide, skills to support self and others impacted by suicide loss.	Community, Workplaces Any adult	90-minute info session to 4-hour workshops	Min 4- Max 22
<b>After Suicide Loss -From Heartache to Hope</b> – Information session following suicide loss. Suitable for workplaces affected by recent or past suicide loss.  <b>Suitable for <u>immediate</u> post suicide response.</b>	Community, workplaces anyone potentially impacted by suicide loss	90 minutes	Min 4 – Max 30* <i>* larger numbers by negotiation</i>