

Current courses available for in-house delivery

WORKSHOP TITLE	TARGET AUDIENCE	DURATION	ATTENDEE NUMBERS
TALKING ABOUT...MENTAL HEALTH – ALL STAFF			
Mental Wellbeing at Work – What Everyone Needs to Know (WW-E) –skills based session to increase mental health literacy, suicide awareness and promote self-care	All staff	2 hours	Min 6 – Max 22
Mental Health & Self Care (MH Intro) – An introduction – to increase mental health literacy and promote self-care	Any adult All staff	90 minutes	Min 6 – Max 22
TALKING ABOUT...MENTAL HYGIENE – ALL STAFF			
Self-care - Understanding and strategies	Any adult All staff, any adult (16+ yrs)	90 minutes each topic	Min 6 – Max 22
Self-care – The role of self-talk			
Self –care – Understanding and managing stress			
Anger – Causes, costs and controls		2 hour workshop	
TALKING ABOUT... MENTAL HEALTH - MANAGERS, SUPERVISORS			
Managing Mental Wellbeing at Work – What Managers Need to Know (WW-M) - 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
TALKING ABOUT... MENTAL HEALTH FIRST AID (MHFA)			
Standard Mental Health First Aid –(MHFA) – 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
TALKING ABOUT...COMPANY/ COMMUNITY CHAMPIONS			
Company /Community Champions – 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
TALKING ABOUT...TALKING ABOUT MENTAL HEALTH * Suggested addition to WW-M, Company Champions & MHFA training			
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
TALKING ABOUT...BULLYING			
Bullying – Understanding & Helping	All staff	90 minutes	Min 6 – Max 22
Managing Bullying at Work – a risk control perspective	Managers, supervisors, team leaders, WHS, HR	2 hours	Min 4 – Max 22
TALKING ABOUT...SUICIDE			
Talking About Suicide – Includes “Do A.L.L. You Can for A Mate” - (TAS) 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
Talking About Suicide Bereavement. 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
After Suicide Loss -From Heartache to Hope – Information session following suicide loss. Suitable for workplaces affected by recent or past suicide loss. Suitable for <u>immediate</u> post suicide response.	Community, workplaces anyone potentially impacted by suicide loss	90 minutes	Min 4 – Max 30* <i>* larger numbers by negotiation</i>