Mental Health Literacy

Overview

See how to recognise respond and refer when working with someone who may have mental health concerns. Mental Health Literacy is a mental health awareness-training program designed to enable participants to recognise, respond and refer when working with someone who may have a mental health problem. There is also a module on self-care to ensure that participants take responsibility for their own well-being.

Aim

Participants should feel confident in their basic understanding of the principles of mental wellbeing and its relationship to mental ill health.

Learning Objectives

- Be aware of the key principles of recovery and recovery-oriented language.
- Know the signs of mental illness, particularly anxiety, depression and substance use disorders.
- Be confident in providing basic support to those who are experiencing a mental health condition.
- Be aware of their own need for boundaries and self-care.

Topics covered include:

1. Recognise

- What is mental illness?
- Impact and prevalence of mental illness in Australia
- Experiences of people with mental illness
- Treatments for mental illness
- Recovery

2. Respond

- Interacting with people with mental illness.
- Appropriate language and terminology
- Tips and tools for self-care.
- How to listen and support, including the skills of active listening, summarising, open and closed questions.
- Check safety, including asking about suicide.

3. Refer

- Appropriate referrals
- How to make a referral

4. Self-Care

- Tips and tools for self-care

Format

Pre-requisite: This is a blended learning course – all participants are required to have completed the e-learning component of Mental Health Literacy prior to attendance at this face-to-face component.

- 2-hour Self-paced eLearning.
- 4-hour face-to-face or virtual workshop

Resources

Printed copy of slides and relevant Handouts.

To Register and view our other open workshops

CLICK HERE

Or enquire about exclusive training for your workplace:

E: lifeline.training@uccommunity.org.au