



## Understanding Mental Health Workshop

**This 3 hour workshop was developed to support a wide variety of workers to:**

- Understand mental health and mental illness
- Improve their confidence to engage with adults of all ages who experience mental illness
- Create a culture of empathy and respect by decreasing stigma
- Gain foundational knowledge about depression, anxiety disorders, bi polar, psychotic disorders, substance use disorders and suicide risk
- Improve understanding of supportive communication and engagement practices
- Understand professional boundaries, referrals and self care

**This 3 hour workshop is available for group in house training at your location.**

**Suitable participants may work in community organisations, legal centers, private companies, or any role that engages with clients who may be experiencing mental illness.**

Please contact us for a tailored quote to suit your training needs.

*"My team now knows how to interact with a client who has, or may be developing a mental illness, our responses are now more appropriate"*

*"My team and I have higher job satisfaction, as we know that we are now providing a more holistic service to all our clients that meets their needs"*

*The mhWISE program also has similar workshops targeted to specific industries including, mhWISE Community Care, mhWISE Residential Care and mhWISE Senior Staff.*



For more information contact:

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