



Mental Health Awareness & Mental Health First Aid

Do you work in a challenging role, dealing with members of the general public or as part of a team?

These courses will provide you with the knowledge to understand a mental health problem in a family member, friend, work colleague or client and how to best support them.

Mental Health Awareness

In any one year about 1 in 5 adult Australians experience a mental illness and many of these are not recognised or well responded to by individuals, their families, friends, work colleagues or supervisors.

In addition, ways of maintaining good mental health are often not valued or recognised and this contributes to the scale of mental health issues in society.

This course allows participants to explore the following issues:

- What is mental health and why is it important
- How to recognise a developing mental health problem in a family member, friend, work colleague or client
- Clarifying the difference between a difficult customer and a customer with mental health issues
- Common management techniques when dealing with people with a mental illness
- Techniques to help you work in your challenging role
- How to recognise when your own mental health needs attention.

Mental Health First Aid

You are more likely to encounter a person suffering a mental health crisis than someone having a heart attack and in need of CPR. While most of us know how to call 000 and many are able to administer the basics of first aid for someone having a heart attack, few have any idea what to do for depression or anxiety.

The MHFA workshop is an award winning program which recognises and offers first contact support for common mental health problems and crisis situations such as:

- Suicidal behaviour/thoughts
- Panic attacks/acute stress reaction
- Acute psychotic behaviour
- Depression
- Anxiety
- Substance misuse

For more information or to book your place in these courses, please contact Ellen Heathwood (ehealthwood@brisbanesouth.com.au) or Kathleen Keighron (kkeighron@brisbanesouth.com.au) by email or call 3274 1886.



Workplace Triple P – Positive Parenting Program

Improving family life and workplace productivity: effective ways to make your work/life balance easier.

As a working parent, it is increasingly difficult to juggle the responsibilities of a family with the pressures of work, and this impacts not only the individual parent but also their partner, colleagues, customers and children.

Research results

Research has shown that when effective strategies are used to better manage the pressures of work and their impact on family life, both the quality of personal relationships and overall workplace productivity improve.

The world-acclaimed, evidence-based Workplace Triple P – Positive Parenting Program is available to be delivered to workplace groups, specifically tailored for the needs of working parents. The strategies learned and peer support developed will enable enhanced family relationships and improved workplace productivity due to reduced stress on individuals.

What will participants learn in a Triple P Course?

Parents all over the world have the same concerns. Babies cry. Kids don't do what they're told. They don't eat their dinner. They throw tantrums. They make you late for work.

The Workplace Triple P – Positive Parenting Program can help.

Participants will learn:

- How to reduce parenting stress and have a good work/life balance.
- Effective strategies to reduce the impact of work commitments on family life.
- How to promote your child's development.
- How to manage common child behaviour problems.
- Principles to help you deal with almost any situation that might arise.

How many people are in a group?

The great thing about doing a Triple P Group Course is that the groups are small (typically 10 – 12 people) and people feel immediately at home with a group of parents who all want the same thing – to do the best for their kids and have an enjoyable family life!

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