

# Minding Minds



**WAAMH**

Western Australian Association  
for Mental Health



4 + 5 March 2021



9am – 4.30pm



**VENUE:**  
Workzone Building  
Training room, Level 1,  
1 Nash Street, PERTH



\$390 - Full members  
\$440 - Associate members  
\$490 – Non-members

Scholarship places available



Custom courses available  
for workplaces. Talk to  
our training specialists  
about a suitable course  
for your staff.



 @MentalHealthWA

 @TheWAAMH

## Face to Face Learning

This two-day workshop is about building our confidence as first responders to support someone experiencing a mental health challenge. It prepares participants to know how to recognise signs of mental health issues and how to respond in an effective way.

Participants explore the 5 Rs and apply the ASK Framework to guide mental health conversations.

### This course will support participants to:

- Be familiar with terminology and language to describe mental health and mental health challenges.
- Understand the importance of a person-centred approach.
- Be able to recognise the common signs of mental health challenge.
- Develop the skills to respond to mental health issues in the community and refer appropriately.
- Understand and be able to apply the ASK framework and 5 R's.
- Understand and recognize the importance of boundaries.
- To be mindful of their own wellbeing and explore how to use effective self-care strategies.

This experiential course is suitable for workers in a wide range of front-line service delivery roles and for the wider community wanting to know how to help someone experiencing mental health challenges.

### Catering and light refreshments provided for this course

#### TRAINING INCLUDES:

Qualified & experienced trainer  
Personalised certificate  
Quality resources to keep

#### TARGET AUDIENCE:

Staff in front-line roles and the  
Broader community

### Contact us to register



[waamh.org.au](http://waamh.org.au)



[info@waamh.org.au](mailto:info@waamh.org.au)



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