



Supporting Educators' Mental Health

First Aid for the Mind

#wellness
#clarity
#supporter





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First Aid for the Mind

Would you know what to do if you see an Educator or Parent having a panic attack, feeling depressed, or appearing suicidal?

In any year, more than one in five Australians over the age of 16 have a common, diagnosable mental illness, such as anxiety or depression.

Our roles require us to be manager, coach, mentor, mediator, and accidental counsellor. We are often the first responder in dealing with staff or parents suffering a mental health crisis.

This workshop gives leaders and managers the first-aid skills to assist families or staff experiencing mental health problems.

In this workshop you'll learn:

- Understand the prevalence of mental ill-health and its impact
- Learn to recognise changes in behaviour and learn the warning signs of poor mental health
- Understand the importance of early intervention and what to say to destigmatise mental health
- Discover the importance of early intervention and how to speak to co-workers if you are concerned about their mental health
- Learn how to respond appropriately and support to someone experiences poor mental health or a mental health crisis
- Develop the skills required to take appropriate action in a crisis involving suicidal behaviour, panic attack or stress reaction to trauma

This practical and sensible workshop allows you to provide support for others whilst setting and maintaining healthy boundaries.

Jump online to enrol and give yourself the comfort in knowing first aid for the mind.

Service Type

FDC, LDC, OSHC, Preschool, Kindergarten

Position

Nominated Supervisors, Coordinators, Educational Leaders, Managers, Approved Providers

Mode

Face-to-face

NQS

QA4 and QA7

Duration

6 hours

Location

See website for locations

Cost

See website for costs

Date

See website for dates

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“She overcame everything that was meant to destroy her”.

— Anonymous

