

Learn Anywhere, Learn Anytime

Catering to meet all your learning needs:

• Face To Face • Live Online Training • On-site & Customised Training



# MENTAL HEALTH AWARENESS

**Live Online Training Course:** This course informs and educates participants to support work colleagues, friends and family who are experiencing mental health issues.

December

Course Parts will commence at **14:00** and end at **17:00 (AEDT)**. There will be short breaks during each course Part.

Part 1: 8<sup>th</sup> December

Part 2: 9<sup>th</sup> December

2 Part  
Series



**Our Expert  
Course  
Instructor**



**Carolyn Madden**

With an interest in employee wellbeing and positive psychology, Carolyn has developed programs around effective communication, conflict resolution along with building workplace resilience and helping employees to engage constructively in self-care and stress management in order to be more centred and calmer at work and home.

## Key Learning Objectives

- ▶ Why do we need to be aware of mental health issues?
- ▶ What are the potential problems?
- ▶ What are the signs that you and/or work friends are not coping?
- ▶ What strategies can you use to support others?
- ▶ What is depression, anxiety, trauma and substance use?
- ▶ What ways can you look after your own mental health?

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## ABOUT THE COURSE

This course informs and educates participants to support work colleagues, friends and family who are experiencing mental health issues. Once issues have been identified, participants will learn how to approach people to see how they can support them. We will explore the various supports that are available. We will look at a process that you can use as a guide to aid people that need help. We explore various conversation starters and phrases we can use. We explore depression, anxiety, trauma and substance abuse with a variety of scenarios. We also explore how you can look after your own mental health.

## WHO WILL BENEFIT

Anyone can benefit who maybe supporting work colleagues, friends and family. These strategies can be used in any social, professional settings.

## Course Outline

- **Introduction**
- **Mental Illness – statistics – risk factors – helpful professionals**
- **Recovery and attitudes towards Mental Health Issues**
- **Procedures to help people with mental illness**
- **Mental Illness**
  - Depression and self-harm
  - Anxiety
  - Crisis/Trauma
  - Substance Abuse – drugs and alcohol
  - Eating Disorders
- **Looking after your own Mental Health**
- **Summary, Commit, Evaluations**
- **Close**

## EXPERT COURSE INSTRUCTOR



**Carolyn Madden**

Carolyn is a skilled human resource professional who has specialised in training and coaching over the last 10 years. She has successfully delivered a diverse range of training programs in private industry and across multiple agencies of NSW Government, Local Government and Federal Government in metropolitan and regional Australia; conducting more than 500 courses covering in excess of 9,000 participants from senior executives down. A natural 'people' person, she is a strong communicator with excellent ability to manage a room and keep participants engaged and based on very positive feedback, often invited back to deliver extra workshops. With an interest in employee wellbeing and positive psychology, Carolyn has developed programs around effective communication, conflict resolution along with building workplace resilience and helping employees to engage constructively in self-care and stress management in order to be more centred and calmer at work and home.

She is passionate about helping people reach their potential by performing to their best ability, while also looking after themselves and learning effective strategies to deal better with the increased stress of everyday living. She backs this up by staying up to date with current thinking and research on mental health and developments in neuroscience.

On a personal level, Carolyn has family experience with mental health disorders and understands the difficulty in knowing how to help and support someone experiencing mental health issues, and the impact that this can have on everyday life for all concerned. Carolyn has a professional approach and able to competently represent clients across all levels of business.

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- Get **high quality** practical training from our expert instructors
- From **Face To Face**, **Online** and **Blended Learning**, get a superior solution for your learning needs
- Learn **live online** in an interactive environment
- **Invest** in yourself. Invest in your team.

Register today for our **Live Online Training** courses and find out how they can help you transform the way you work. Contact one of our training consultants on [training@informa.com.au](mailto:training@informa.com.au) to find out more.

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Part 2: **9<sup>th</sup> December**

## Easy Ways to Register

**1 Web**  
[www.informa.com.au/mentalhealthawareness](http://www.informa.com.au/mentalhealthawareness)

**2 Telephone**  
+61 (02) 9080 4395

**3 Email**  
[training@informa.com.au](mailto:training@informa.com.au)

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## Mental Health Awareness

Course Code	Location	Course Parts	Month	Standard Price		4+ Dels Discount
P20GC20ME04V	Live Online Training	All 2 Parts	December 20	\$1,196 + 119.60 GST	<b>\$1,315.60</b>	<b>Great Savings:</b> When you book <b>4 or more</b> participants! <b>Call us</b> today on <b>+61 (2) 9080 4395</b> or email <a href="mailto:training@informa.com.au">training@informa.com.au</a> to take advantage of the discount offer.

### Privacy Policy & Updating your Details:

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### Informa Corporate Learning – On-site & Customised Training

Informa Corporate Learning has a long-standing track record of delivering very successful customised learning solutions achieving real and measurable value for our clients through our senior training consultants.

If you have 8+ interested people, an on-site course can be the ideal solution – giving you the opportunity to customise our course content to your specific training needs, as well as attracting significant savings compared to public course costs.

### Why Choose On-site With Informa Corporate Learning?

- 1. Custom design** – Together, we will identify the best blended learning solution for your culture, your people and your training objectives.
- 2. Quality Assured** – We design market-leading training programs, concepts and methodologies, with a 400+ course portfolio. Our rigorously selected 900+ instructor faculty are recognised experts in their field. Quality of their content and delivery methods is assured through continuous monitoring and evolution.
- 3. On-site training** is a cost effective way to train your people and achieve your defined outcomes.

### Our Long Standing Clients Include:

ActewAGL, Ajilon, Ambulance Victoria, ANU, Arrow Energy, Australian Super, Barrick, BHP, Chevron Australia, Coffey International, ConocoPhillips, CSIRO, Dalrymple Bay Coal Terminal, Department of Education, Department of Planning, Electricity Generating Authority of Thailand (EGAT), ENI Australia, EY, Fortescue Metals Group, Health Purchasing Victoria, IBM, IP Australia, Jemena, Litmus Group, Metro Trains, Office of the National Rail Safety Regulator, Origin Energy, Pacific National, PT Freeport, Public Transport Authority – WA, QGC – BG Group, Queensland Rail, Rio Tinto, Romgaz, SA, South Australia Health, Telstra, Transport & Infrastructure, UBS, Woodside and more...

Speak with **Anton Long** or **Holly Baldwin** on **+61 (02) 9080 4455** to discuss your customised learning solution, or email [training@informa.com.au](mailto:training@informa.com.au)