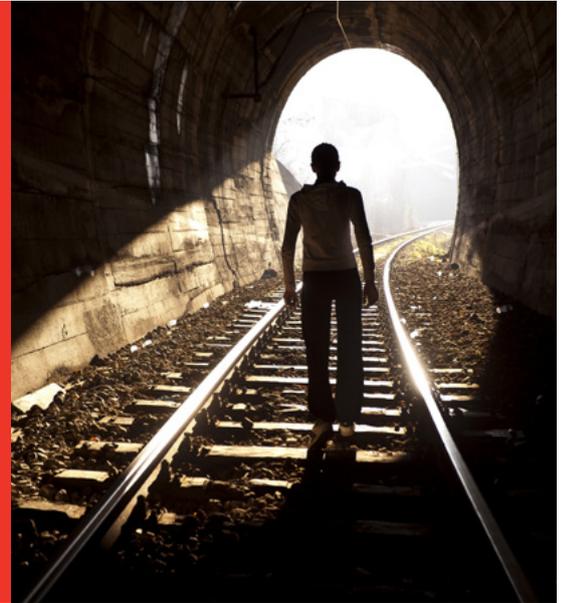


# Mental Health Matters Community

Live Webinar

Monday 29th June 9am and 7pm



Red Cross is committed to building safe, healthy and productive communities through the provision of nationally recognised first aid training and mental health training programs.

With this in mind, Red Cross has developed Mental Health Matters webinars

#### COURSE DURATION

90 minutes

#### WORKSHOP OVERVIEW

Using an interactive online workshop format, participants learn about mental health and develop an understanding of when further help may be required. The scope of general and locally relevant support and key considerations of individual engagement are clarified and outlined including ideas to engage. Wellbeing and building resilience during challenging times are presented and 'workshopped' to explore individual relevance and meaning. The Mental Health Matters Webinars can be contextualised to meet varied community and regional needs.

The mental health webinar programs are delivered on a platform that supports a high level of interactivity supporting participants to engage and share ideas.

**Book today to receive the zoom links and info:**

**Jasmin Piggott:** [jpiggott@redcross.org.au](mailto:jpiggott@redcross.org.au) or 0438 207 4340

**Lucy Drummond:** [ldrummond@redcross.org.au](mailto:ldrummond@redcross.org.au) or 0488 182 490

#### COURSE CONTENT

- **Mental health and changes in support**  
Defines mental health and illness. Explores current principles and themes of evidence based support
- **Recognising mental health concerns**  
Provides a basic formula to identify when further support may be required including examples and ideas to engage with others
- **Recovery and resilience**  
Acknowledges the challenges we have collectively experienced and provides an overview of effective methods to build resilience and reduce stress
- **Active intent**  
Addresses area in our lives that can support our wellbeing and general mental health that is unique and meaningful to us as individuals
- **Support and assistance**  
Provides a general overview of evidence based and general support for the individuals mental health and wellbeing
- **Review and questions**  
Participants are encouraged and supported to comment, feedback and ask questions throughout the program

#### OUTCOME

On completion of this course, students will be issued with a Statement of Participation.

