An introductory workshop designed to strengthen the skills and knowledge of employees and volunteers, to better understand and support people who have experienced mental distress in their recovery.

Open to employees & volunteers from government, non-government and private organisations in St George & Sutherland Area

Content includes:

- Exploring stigma, stereotypes and our own values
- The meaning of Recovery
- Possible contributing factors of mental distress
- Understanding different diagnoses and experiences of mental distress
- Approaches and strategies in managing mental distress
- Understanding and responding to self-harm and suicide
- Helpful communication strategies
- Navigating the Mental Health Service
- Insight from the perspective of a person with a lived experience of mental distress
Please register your attendance by completing this form and returning it to the Sutherland Community Mental Health Service (at least two weeks before the scheduled workshop you have nominated):

Email: therese.hawley@health.nsw.gov.au

- [ ] Wednesday 31st August
- [ ] Wednesday 7th December

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What do you hope to learn by participating in this workshop?

We will send you an email with confirmation of your registration, prior to the workshop, and information about the venue.

If you are unable to attend please give as much notice as possible to enable us to offer your place to someone else.