

Understanding Mental Health

Location:
St George Hospital

2024 Dates:

Wednesday 8 May

Wednesday 21 August

Wednesday 27 November

Time:
9.30am – 4.30pm

Venue:
St George Hospital
Research and Education
Centre

4-10 South Street,
Kogarah

Cost: FREE

For further information:
Jessie Li
Community Development
Coordinator
Tel: 9553 2500
Email:
yu.li2@health.nsw.gov.au



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 and volunteers from government, non-government and private organisations in St George and Sutherland areas.

Content includes:

- The meaning of recovery and other frameworks
- 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 mental health services
- Insight from the perspective of a person with a lived experience of mental distress

To register for this workshop go to:
<https://events.humanitix.com/umh-stgeorge>

Maximum of 15 participants so please register early.