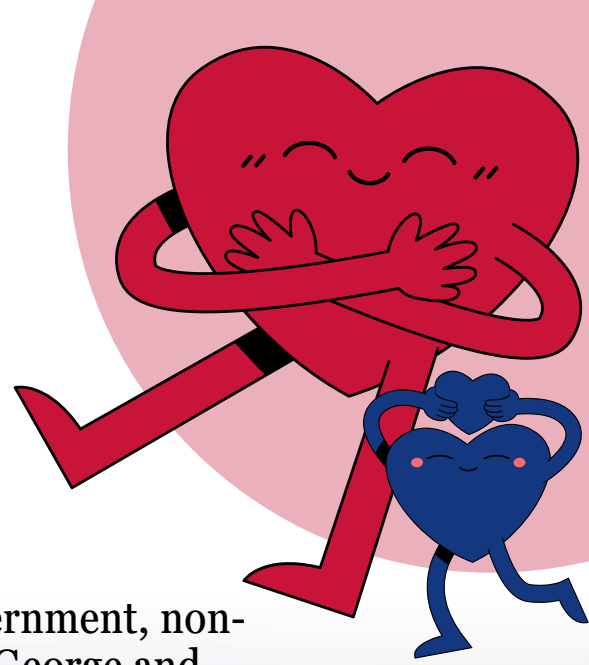




Health
South Eastern Sydney
Local Health District



Understanding Mental Health

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

This free introductory workshop is designed to enhance the skills and knowledge of employees and volunteers, empowering them to better understand and support individuals experiencing mental health challenges. Through this course, participants will develop a deeper understanding of recovery and effective strategies to assist people on their journey to wellbeing.

WORKSHOP CONTENTS

- 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

USEFUL INFORMATION


Location: St George Hospital Research and Education Centre, 4-10 South Street, Kogarah, NSW 2217

Dates: **Wednesday 19th March 2025**
Wednesday 17th September 2025


Time: 9:30am - 4:30pm

Contact Us
for more information

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 <https://events.humanitix.com/understanding-mental-health-st-george-2025>

