

Workplace Support Skills

Providing employees with essential support skills

Do you come in to contact with distressed persons within your workplace? Would you like to be able to deal more effectively with stressed clients and difficult conversations? Would you like to know more about how and where help is available for mental health concerns?

This **3 hour short course** will cover:

- stress—impacts and coping techniques
- effective communication skills
- delivering unwelcome information
- how to deal with an angry or distressed person
- signs that someone may not be travelling well
- understanding services and how to access them
- how to have a conversation with someone you're worried about and encourage them to seek help
- how to help someone at risk of suicide
- how to look after your mental wellbeing

When: August 30th 2018, 9am-12pm

Where: Armidale Regional Council Library

RSVP: Kye Single

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armidale *family* support service



Centre for
Rural & Remote
Mental Health



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