

Coach 2 Cope: Families and Carers

**Supporting the mental health and
wellbeing of children & young people**



**Are you concerned about the impact mental health has on the young people in your life?
Would you like to learn simple ways to respond to them during times of distress?**

EquiEnergy Youth is a charity dedicated to reducing psychological distress, self-harm and the risk of suicide in young people. Our programs aim to connect young people with safe & effective adults with the capacity to effectively respond to them during times of distress and improve mental health outcomes.

As a result of a PhD research project and thousands of hours of clinical experience, Dr Stephen Spencer has developed a simple method to guide adults on how and when to respond to young people in distress to achieve a positive outcome. Steve will coach you on the following;

*A 5 step evidence-based psychological first aid framework (TAR3) for you to follow when responding 'in the moment' to episodes of distress and behavioural challenges. For example, TAR3 is the equivalent of the DR ABC process for responding to first aid.

*Guidance on simple ways you can help young people build coping, resilience and positive help seeking behaviour and the vital role you play in promoting this.

*Context on why child & adolescent mental health occurs and what you can do to improve mental health outcomes for the young people you support.

*Coaching in the use of scripts and engagements strategies to adopt when responding to distress using the TAR3 Psychological First Aid Method.

Live via Zoom – Tuesday the 4th of April from 5.30pm to 6.30pm

(Attendance is complimentary)

Please be quick as spots are limited

Click this [link](#) or scan the QR code to register via Eventbrite

