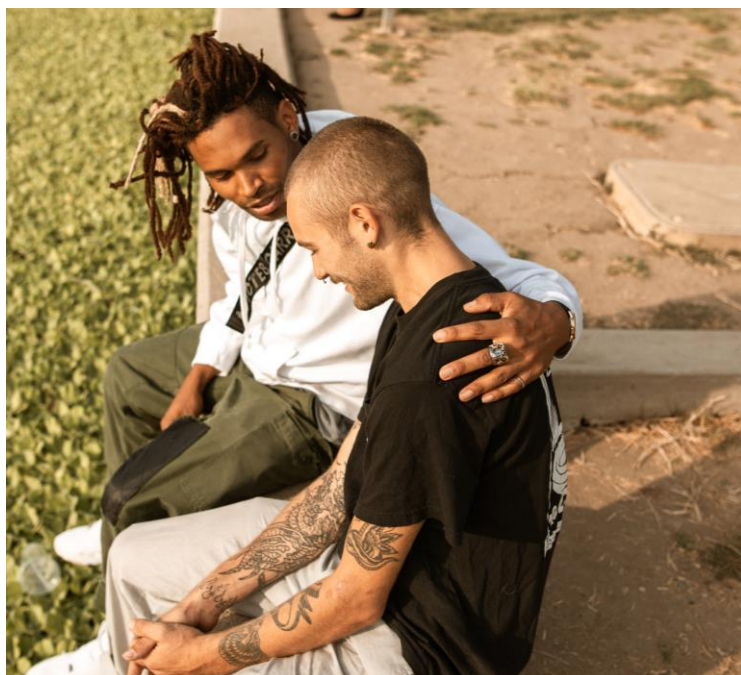


# Introduction to Mental Health Peer Support Work



A SwinLocal Course



**Are you a person with lived  
experience of mental health  
issues?**

**There are increasing employment  
opportunities for peer support workers  
in the mental health field.**



**This course has been co-designed by CCH and Swinburne. It will be delivered by a trainer from the Certificate IV in Mental Health peer work qualification at Swinburne.**

This short course will prepare you for entry to accredited training in this field with a sound introduction to the necessary skills and knowledge to establish relationships, clarify needs and work collaboratively with people who are living with mental health issues.

It will assist you to comprehend the crucial necessity of developing your own resilience skills for the field along with effective communication techniques, non-judgmental attitudes and empathic listening skills to improve mutual understanding and trust.

It models current best practice of holistic care with the understanding of person centered practices and approaches, the importance of encouraging clients in setting realistic goals and solution based practices.

**The course also includes information on applying for entry to accredited training in the  
CHC43515 Certificate IV in Mental Health Peer Work commencing at  
Swinburne in September 2021.**

**Day:** Tuesday

**Date:** 15<sup>th</sup> June – 3<sup>rd</sup> August

**First 2 sessions will be Face to Face and 6 sessions online VIA Zoom**

**Time:** 1.00pm – 3.30pm

**Fee:** \$40.00

*Concessions could be available for financial hardship, please call 9758 7081*



**To enroll: Please visit our website [www.coonarahouse.org.au](http://www.coonarahouse.org.au)**

**for enrolment form or call: 9758 7081**