

Mental Health Awareness for Industry

Lifeline is committed to raising awareness of Mental Health Issues in your Industry and to enabling participants of the course to engage appropriately and compassionately with those who might be struggling.

MH Awareness for Industry sessions are interactive presentations during which participants will learn to Recognise when others are struggling with Mental Health Issues, how to Respond and where to Refer for effective ongoing support.

Topics discussed will include:

- What is Mental Illness?
- Anxiety, Depression, Substance Abuse
- The importance of not diagnosing
- Talking about MH –language
- Respond skills
- How and where to Refer
- Suicide
- Anger & Boundaries
- Self-care



Courses are half –day in duration and presented at the client’s premises by a qualified Lifeline Trainer. The sessions will be tailored to the participants’ specific needs so as to make the content directly relevant to the attendees’ experiences.

The maximum number of attendees per session is 20 and the cost of the course includes resource materials for each participant.

It is worth noting that the proceeds of the course, after costs, will be ploughed back in to the delivery of vital services by Lifeline. In this way, organisations will be contributing in a socially responsible way to the safety, mental health and wellbeing, not only of their employees and clients, but also those most vulnerable in the wider community.

For further information, please contact our Corporate Training Manager:

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