



As Covid is increasing poor mental health within the community, it's never been more important for mediators to learn and understand the impact on individuals, families, organisations and the broader community.

We are pleased to announce an opportunity in conjunction with Fred Stern (an experienced mediator but also a long time trainer in the mental health field) to participate in the

### [Blended Workplace Mental Health First Aid Course](#)

**Course Component 1:** A self-paced eLearning component (takes 5-7 hours to complete)

**Course Component 2:** An Instructor-led component using video-conferencing zoom (2 sessions of 3.0 hours)

- Session 1: Tuesday October 26<sup>th</sup>
- Session 2: Wednesday October 27<sup>th</sup>

The Blended Online Mental Health First Aid for Workplaces Course will teach you how to provide initial support to those who may be experiencing a mental health problem or mental health crisis until appropriate professional help is received or the crisis resolves, using a practical, evidence based Action Plan.

This course is based on guidelines developed through the expert consensus of people with lived experience of mental health problems and professionals.

Mental health problems covered

- Depression and anxiety
- Psychosis
- Substance use problems
- Mental health crises covered
- Suicidal thoughts and behaviours
- Panic attacks
- Traumatic events
- Severe psychotic states
- Severe effects from alcohol or other drug use
- Aggressive behaviours

**Interested?** Register your interest with Fred Stern [conflictsolvers@hotmail.com](mailto:conflictsolvers@hotmail.com) 0412 102801

**[Special Price](#)** for Mediation Institute members and Interact Support Volunteers only \$250 and includes a hard copy comprehensive manual to refer back to.