



RAMHP Support Skills

For the community or the workplace

This free, 4-hour course covers:

How to recognise and approach a person you are worried about

What is wellbeing and mental health?

Information about suicide and how to talk about suicide

Stress and its impact

Advice on how to connect people to local services and support

Ways to look after your mental health and the importance of self-care strategies

For further information or to book in training please contact your local RAMHP coordinator

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www.ramhp.com.au



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RAMHP Support Skills

RAMHP Support Skills is a free, four-hour course developed and delivered by the Rural Adversity Mental Health Program (RAMHP) for workplaces, community groups and community members about mental health and how to help someone you are worried about.

RAMHP Support Skills develops the knowledge and confidence of participants to identify and approach people they suspect are struggling with their mental wellbeing or are at risk of suicide. A structured framework is provided for guidance to assist with raising concerns, how to support and connect a person to help. The training also covers how to look after one's own wellbeing with a focus on self-care and seeking support.

Content covered

- Wellbeing. What it is and it's connection to mental health
- The difference between mental health and mental illness
- Stress, what it is, it's impact on mental and physical health
- Managing stress
- Mental Illness: signs and symptoms
- How to assist someone by having a mental health conversation using a structured guide
- Suicide information and talking about suicide
- Where to find help: specific to your locality including virtual and phone services
- Self-care fundamentals and building a self-care plan

Why RAMHP Support Skills?

Mental health problems are common and treatable. With 1 in 5 people experiencing a mental health problem in their lifetime, it is important to have skills to recognise and help with mental health, be it someone else's or your own.

RAMHP Support Skills also provides skills on taking care of yourself and practicing self-care, ensuring we develop skills to help others and ourselves.

Other RAMHP Training

If you are interested in learning more about self-care and wellbeing, our free two-hour RAMHP Wellbeing course covers principles of wellbeing and includes practical self-care activities for participants to build on following the course.

for more information or to book in free training contact your local RAMHP coordinator

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