



Bestwest Care

RTO 51585

Introduction to Mental Health

Short Online Course



Learn the basic essentials of Mental Health awareness & support

- Short online course ✓
- Suitable for all industry types ✓
- Learn practical tools and techniques ✓
- Support from industry-experienced trainers ✓

Introduction to Mental Health equips and empowers you to provide compassionate support to individuals, colleagues, family and friends who may be struggling with mental health conditions such as anxiety, depression, panic disorder, PTSD and eating disorders.

Factors that can negatively influence mental and emotional states include isolation, bereavement, trauma, divorce, stress, unemployment, poverty and many more. Learn tools and techniques in supporting others, debriefing and self-care practices.



Course Delivery

Short online course. Learners study remotely on a computer, at their own pace. Certificate of Participation is provided upon completion.



Fees

\$285 per person

Payment is required upon booking course.



Course Topics - Introduction to Mental Health

- ✓ Types and causes of mental illness
- ✓ Diagnosis and assessment
- ✓ Support and treatment
- ✓ Recovery-orientated practices
- ✓ Drug abuse signs and symptoms
- ✓ De-escalation techniques
- ✓ Understanding distress and crisis
- ✓ Suicide risk and assessment
- ✓ Debriefing / reflective conversations
- ✓ Risk management
- ✓ Self-care practices
- ✓ R U Ok?

**Phone our team to enrol
or enquire (08) 9439 1673**

Study with Perth's Premier education, training and staffing agency in health and aged care!