



STARTING WITH MENTAL HEALTH

Half day (four hours)

Face-to-face

Starting with Mental Health gives participants the knowledge and confidence to cope with colleagues, customers, and whānau experiencing mental distress.

We use 'LOOK, LISTEN, LINK' which provides a framework and a support process to give practical tools and strategies to help someone who may need mental health support.

Learning Outcomes

Participants will:

- Develop an understanding of mental health, mental distress and mental illness and how it affects family/whānau and work colleagues.
- Gain a support process and practical skills of the Look, Listen, Link framework to help someone who may need mental health support.

Attend this FREE course:

Thursday 14 October, 5.15pm - 9.30pm
Salvation Army Hall, cnr Henley/Russell Sts

Friday 15 October, 9am - 1.30pm
Salvation Army Hall, cnr Henley/Russell Sts

Book to attend:
wellbeing@redcross.org.nz

