PsychAware

Mental Health support workshop – Augathella

PsychAware is a one day workshop which seeks to build the capacity of individuals and communities to be able to identify, assist people within their community who may be at risk of depression, suicide and other mental health issues.

Participants are taught to know what to look out for in other community members who have been affected by traumatic events and crisis and will provide them with strategies to assist these members of their community.

This workshop helps participants to:

- explore how people respond during and after traumatic events
- identify ways to assist people who have been affected by a potentially traumatic event (e.g. a drought)
- identify and assist people who may be at risk of suicide, depression and other mental health issues
- explore ways to look after themselves while assisting others.

Location and cost

Augathella Town Hall
Thursday 20th February
8.30am - 3pm

It is a **free** workshop open to all members of the community.
Morning Tea and Lunch will be provided.

PsychAware supports local people to develop improved communication, care and connection in their community.

This program is proudly delivered by UnitingCare Community and is supported by Queensland Health and the Queensland Department of Agriculture, Fisheries and Forestry

Contact Details

For more information or to register to attend, please contact:

UnitingCare Community
Learning Centre
P: (07) 3250 1900
E: Learning.Centre@uccommunity.org.au

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Our Values Compassion | Respect | Justice | Working Together | Leading through Learning