

# Recognising and supporting people in crisis

## Bollon Workshop

### Giving communities the skills to support each other

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

Participants are made aware of what to look out for in community members who may be struggling because of drought, personal crisis or traumatic events.

This workshop will provide participants with strategies to:

- explore how people respond during and after traumatic events
- identify ways to assist people who have been affected by a potentially traumatic event
- identify and assist people who may be at risk to suicide or depression
- explore ways to look after themselves while assisting others

**Bollon Town Hall**  
**Tuesday, June 17**  
**9.30am – 4.30pm**

There is no charge to attend this workshop and it is open to all members of the community. Morning tea and lunch provided.

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](mailto:Learning.Centre@uccommunity.org.au)