

# Social and Emotional Wellbeing (2-Day)

This course has been designed to equip First Nations people in the Northern Territory with the knowledge and skills needed to provide initial support to mob (community members) experiencing a mental health problem, and to understand when and how to seek professional help

## **COURSE DURATION:**

St John offers the following option:

- 2 days face to face workshop: This is full face to face course and participants are required to attend both the days.

## **Participants will explore:**

- Understanding social and emotional wellbeing (mental health) from a First Nations perspective
- Recognising signs of mental health concerns and crisis situations
- Providing initial support and having supportive conversations
- Understanding referral pathways and when to seek urgent assistance
- Looking after your own wellbeing when supporting others

## **The course is suitable for participants who:**

- Work in or alongside mental health or community services
- Care for people with mental health conditions
- Are 18+ years of age

This course was developed in consultation with First Nations organisations and representatives.

## **CERTIFICATE:**

On successful completion of this course, you will be issued a St John Ambulance Australia (NT) Inc. statement of attendance. This is a non-accredited course.

