What is Mental Health Training?

Mental health training equips you with knowledge and confidence to recognise and respond to mental health problems in the people around you. In educational and other settings, depression, anxiety, and the misuse of alcohol and drugs are common, and it is highly likely you may know someone with such difficulties. However, people are often reluctant to discuss their situation with family, friends, and work colleagues, and may also avoid seeking professional help because of concerns about what others will think.

Mental health training helps reduce stigma, promotes help seeking, and improves recognition and response. It does not mean being able to provide professional help.

Benefits of Mental Health Training

- greater awareness of the prevalence of mental ill-health
- understanding the effects of mental ill-health on work/study performance, relationships and physical health
- greater ability to recognise early signs and risks
- reduced stigma and increase help-seeking
- knowledge of available community resources, and how best to use them
- greater confidence in front line situations

Mental Health Training at the University of Melbourne

Counselling and Psychological Services have provided mental health training for many years, and since 2008 has included Mental Health First Aid, designed for academic and professional staff working in a variety of educational and community settings. Our work in this area, in particular the University’s Mental Health Strategy, recently received a Gold Achievement Award in Health Promotion at the Australia and New Zealand Mental Health Services Conference.

Tailored Programs

Mental Health Training can be specifically tailored to suit your group or work unit, both within and outside the University. Some of our recent programs were conducted for front line staff, members of Unsatisfactory Progress Committees, and residential college advisors.

In addition to these tailored programs, we also offer Introduction to Mental Health, and the well known and accredited Mental Health First Aid.

Introduction to Mental Health (3 hours)

This workshop explores common mental health problems, their impact on work, study or general functioning, and available service and support options. Following completion you will be able to:

- provide a definition of mental ill-health
- outline the categories of common problems and range of treatment options
- understand issues of privacy, confidentiality and duty of care
- recognise indicators of individuals in significant distress
- understand where to access additional resources, services and support options
Mental Health First Aid (12 hours)

Mental Health First Aid is the help provided to a person developing a mental health problem or in crisis. Aid is given until professional treatment is received or the crisis resolves. This is a certified program delivered over 2 full or 4 half days. It is designed for people in contact with individuals with mental ill-health, or concerned and caring for colleagues, friends or family members.

Following completion you will be able to:
• identify the causes and symptoms of anxiety, depression, psychosis and substance use disorder
• understand the link between drug/alcohol use and mental health problems
• become aware of the range of treatment options
• know what emergency procedures to follow in a crisis
• be able to access a range of community supports

The Trainers

Training is provided by a team of qualified mental health professionals with extensive experience in both direct clinical service, and training facilitation and presentation. We aim to provide up-to-date, effective and stimulating course content.

Contact Details

To discuss your training needs, please contact
Mental Health Training Coordinator
Tel 03 8344 6927
orania@unimelb.edu.au

Please also refer to our website:
http://www.services.unimelb.edu.au/counsel

Testimonials

Interactive, varied format, friendly, approachable presenters.

College Advisor

Covered a lot of ground, with lots of information on where to access additional help, and good practical strategies.

Academic

This training is vital, it de-mystifies and de-stigmatises many conditions, helped me to gain confidence.

Frontline Staff

A useful, well-structured course which allowed me to be better prepared for these situations. The honest and frank discussions were very useful.

Equity Officer

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