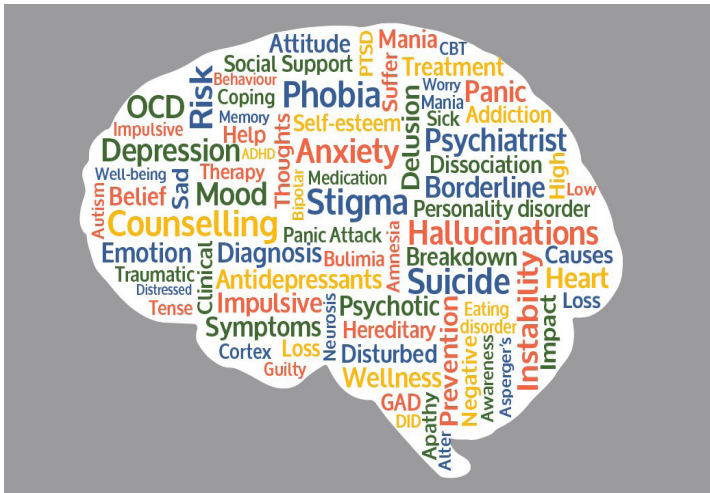


# CARER TRAINING & EDUCATION

## Identifying Mental Health Issues



### Identifying Mental Health Issues

Carers, as primary care givers, are more likely to notice changes in a young persons behaviour or demeanor. This course aims to equip carers with the knowledge and skills to identify when a young person may be struggling with mental health issues and how they can best support them in seeking appropriate professional help.

Signs and symptoms of mental health issues can vary from person to person. This course gives an overview of possible indicators and does not intend to replace seeking assistance from qualified professionals.

#### **WARNING**

Sensitive topics such as self injury, suicide and crisis intervention will be discussed during this course. If you feel you may be triggered by these topics please contact Wendy on 0452 117 660 or email [wendy@fostercareangels.org.au](mailto:wendy@fostercareangels.org.au)

The course will provide carers with:

- Information on common mental health issues such as anxiety, depression, effects of trauma and PTSD;
- Information on symptoms associated with these mental health issues;
- Resources on other mental health services available including those for crisis support;
- Information on the roles of different mental health professionals; and
- Simple tools to help support self and others mental health and well-being.

#### **FURTHER INFORMATION**

##### **Location:**

Courses can be delivered at various locations within New South Wales.

##### **Time and Dates:**

Refer to training calendar

##### **Cost:**

\$225 pp Day Program (inc Refreshments & Lunch)

##### **Bookings:**

Call 02 9899 6006 or 0452 117 660

or email: [wendy@fostercareangels.org.au](mailto:wendy@fostercareangels.org.au)



**Foster Care  
Angels**