



FIRST AID MENTAL HEALTH

This course covers common workplace mental health emergencies and is based on current best practice. It includes signs and symptoms of declining mental health and the causes associated within your workplace. Designed to promote kindness and compassion amongst peers and colleagues.

Course overview

- Risk factors and triggers
- Common precipitating factors and predisposing behavioural conditions
- Identify the processes and the pathways available to people both in the workplace and in their personal lives

1 DAY DELIVERY FORMAT



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DELIVERED AUSTRALIA WIDE

