



Mental Health & Suicide Prevention Workshops & Training

The Mental Illness Fellowship of WA (MIFWA) is partnering with CBH Group, Lifeline WA, Youth Focus and Black Dog Institute to support the mental health and wellbeing of people living in regional grain growing communities across WA.

MIFWA is providing a variety of mental health and suicide prevention training and workshops for young people (aged 13-19) and the whole community.

Blended Online Mental Health First Aid Training

5 to 7 hours self-paced pre-course work and 2 X 2.5-hour online training

Learn how to assist someone who is developing a mental health problem or in a mental health crisis by becoming a Mental Health First Aider. On completion of training and a short online assessment, attendees will become an accredited Mental Health First Aider for three years.

Custom Mental Health Workshop for Teens

Face-to-face workshop

Customised School-based mental health and resilience workshops for teenagers aged 13 to 19. Currently in development, this workshop will be available from Term 1 2021. For further information and to express interest, please contact MIFWA.

safeTALK

4-hour face-to-face workshop

safeTALK is an alertness workshop preparing anyone over the age of 15, regardless of prior experience or training, to become a suicide-alert helper. safeTALK-trained helpers are an important part of suicide-safer communities who work alongside intervention resources to identify and avert suicide risks.

safeTALK's steps provide a simple yet effective method to engage with people at risk and connect them with resources that can carry out a full-scale intervention. At the end of the workshop there will be an opportunity to practice these skills firsthand and leave with practical knowledge of how to identify someone at risk and link them to life-saving resources.

Further Information

For further information on how MIFWA can support your regional community with mental health and wellbeing training and workshops, contact Janine at Janine.ripper@mifwa.org.au.

WE FOCUS ON PEOPLE

WE HOLD OURSELVES ACCOUNTABLE

WE PROVIDE A WELCOMING,

SUPPORTIVE ENVIRONMENT WITH

KNOWLEDGEABLE & DEPENDABLE

STAFF

We are here to help at every stage

Mental Illness Fellowship of WA

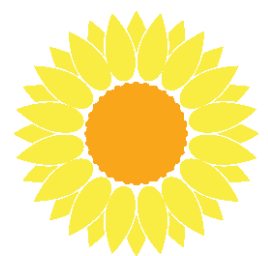
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