



Mental Health Co-Ordinators Training Day

Learn a little more about mental health and how you can usefully apply this knowledge to help support the mental well-being of people in your community.

Although mental health issues are common there is often a stigma associated with mental illness. Many people are not well informed and often do not know how to respond. A mentally ill person may not have the insight that they need help or know that it is available. "First Aid" may determine how quickly the mentally ill person gets help and recovers.

The training day which will be facilitated by Sr Lucy van Kessel, Ruah Mental Health Training Co-ordinator, will provide a forum for Co-Ordinators to explore mental health issues, share their experiences and reflect about how Care Programs can support people's mental well-being.

Sr Lucy a Presentation Sister with over 20 years experience in teaching and administration switched to psychology and retrained as a registered psychologist. She has worked at Ruah Community Services since 1991, beginning as a volunteer at the day centre in Northbridge and moving to mental health service in 1995.

The interactive sessions will acknowledge the experience and wisdom of participants and throughout the day there will be opportunity for questions, discussion and feedback.

Date: Thursday 7th June 2012

Time: 9.30 - 2.30

**Catholic Pastoral Centre
40/A Mary St Highgate WA 6003**

RSVP: Miriam 9422 7900 May 31st for catering purposes



http://media.photobucket.com/image/mental%20illness/chan72_bucket/Whatmentalillnessfeelslike.jpg?o=83

Mental Health Co-Ordinators Training Day

- 09.30 Mass St Therese Chapel
- 10.15 Morning Tea
- 10.30 Signs of mental ill health ... appearance, speech, emotional state, attitude, etc.
What support to offer ... listening, action, etc.
Complications ... drug use & mental illness, family issues, respite, etc.
Confidentiality and boundaries ... disclosure, safety, etc.
- 12.00 Lunch
- 13.00 Resilience in service to people ... self care, allowing failure, etc.
Supports for people with lived experience of mental illness
- 14.00 Open Forum “How can Care Programs support people’s mental well-being?”
- 14.15 Close



Catholic Outreach

Care Concern Service

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