

MENTAL HEALTH AWARENESS

Short Course for Professionals in the Community Housing Sector

Mental Health Awareness (2 Half Day Workshops)

Overview

Community Housing plays an important role in the housing of people experiencing mental ill health and/or mental distress. Frontline staff and their managers are a key interface and need to be equipped with knowledge and skills to effectively engage and identify when their tenants or applicants require mental health support. CHIA NSW and the Mental Health Coordinating Council have together developed a mental health awareness program. This program has been fully funded by the NSW Ministry of Health.

Learning Outcomes

- Gain knowledge and understanding of the mental health system.
- Employ appropriate communication skills when working with people experiencing mental distress or mental ill health.
- Network with appropriate mental health agencies to benefit the tenant and applicant.
- Assist the tenant to maintain their tenancy.

Course Outline

- Language matters.
- Defining mental distress.
- Recognising and responding to people experiencing mental distress or mental illness.
- Trauma Informed Practice.
- Understanding the mental health system.
- Networking with the mental health providers.
- Understanding the legal system for people with mental illness or experiencing mental distress.

Who Should Attend

- Frontline workers who manage applicants and tenants
- Managers

Delivery Method

The course is delivered online via Zoom. Participants attend two 3.5-hour sessions over consecutive days.

Resources

Participants are provided with access to course material via Moodle prior to the sessions and will also receive infographics for their workplace outlining practical information and processes.

Key Facts

| Dates

8 - 9 March 2022
10 - 11 May 2022

| Duration

2 consecutive half days from
9:30am - 1:00pm

| Cost

Free

| Delivery Method

Online via Zoom

| Class Size

18 participants
Group bookings by enquiry