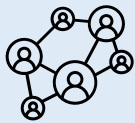


Supporting Yourself and Others

Duration: 1.5 hours



54% of Australians with a mental illness don't access mental health care and treatment

Stigma is one of the largest barriers to seeking help. Social support and encouragement from others can have a positive influence.

What to expect:

An interactive and practical introductory workshop.

By the end of this session participants will be able to:

- Look out for general signs of poorer mental health and wellbeing
- Have a basic check-in conversation with a colleague
- Use a “traffic light” system to check in on their own mental wellbeing
- Find appropriate supports

We also talk about how Lifeline can help when you need extra support or are concerned about someone you know.

No one needs to face their problems alone. Call **13 11 14** available **24/7**.

