AUSTRALIAN PACIFIC
MANAGEMENT & TRAINING

FOUNDATIONS IN MENTAL HEALTH SUPPORT

$750 pp

(CHCMHS001) WORK WITH PEOPLE WITH MENTAL HEALTH ISSUES



WORK WITH PEOPLE WITH MENTAL HEALTH ISSUES

Mental health is an essential part of overall wellbeing, and the ability to recognise, respond and provide appropriate support is critical. APMT's Foundations in Mental Health Support program equips participants with the knowledge and practical skills to recognise common mental health challenges, communicate with empathy and confidence, and provide appropriate initial support while understanding when and how to seek additional professional assistance.

Australian Qualification/ Statement of Attainment

DURATION - 80 HOURS

2 Weeks	8 Weeks
full time (40 hrs per week)	part time (10 hrs per week)

IDEAL FOR:

- NGO workers
- Community health workers
- Hospital support staff
- Youth workers
- Faith-based organisations and frontline public servants

THE COURSE WILL HELP YOU

- Recognise early signs of mental distress and respond with confidence and compassion.
- Develop practical communication skills for supporting people experiencing anxiety, depression, trauma and emotional distress.
- Learn when and how to refer individuals to appropriate professional and community services.
- Help reduce stigma and create safer, more supportive workplaces and communities across Fiji.
- Strengthen your professional capability in health care, nursing, community services, government and NGO roles.

REGISTER NOW

CALL: 9099 880 | 7490 362

EMAIL: info@apmt.com.fj

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1st Floor, Dalmax Lincoln Building, Lot 1, Nadi Back Road, Nadi, Fiji

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