

KITCHEN CATCH UP

Special
Introductory
Price
\$19

Understanding Mental Health & Wellbeing

Virtual session

60 minutes

In these unique times, many people may be feeling anxious, worried or afraid as COVID-19 continues to impact all of us.

Looking after the mental health of ourselves, friends and family is an important part of staying well.

Join us for a 60-minute Kitchen Catch Up with two of our accredited Mental Health First Aid Trainers to learn more about Mental Health and how to look after yourself and others.

Topics to be discussed

- ✓ What is mental health?
- ✓ How common are mental health illnesses?
- ✓ The stigma of talking about mental health
- ✓ Common causes, signs and symptoms of mental illness
- ✓ Support options for people experiencing mental health illnesses
- ✓ Suicide awareness

Note: This virtual session is not a therapy or a support group.



Mental Health Services

**Mental
Health Line**
1800 011 511

Beyond Blue
1300 224 636

Lifeline
13 11 14

Kids Helpline
1800 55 1800

Mensline
1300 789 978

QLife
1800 184 527

**Suicide Call
Back Service**
1300 659 467

For all booking enquiries please email training@surflifesaving.com.au
or contact us for more information 1300 766 257.