



Frontline Help in Mental Health

ONLINE PROGRAM

WORKBOOK



Welcome!

I'm Stewart

A registered psychologist with a bachelor's degree in psychology and education, a master's in psychology, and a Ph.D.

I have taught psychology, counselling skills, occupational health and safety, and crisis management since 1977 in a wide variety of industries such as health, mining, oil and gas, banking, RAAF, Commonwealth Govt departments, NSW State Govt, European Commission, and higher education.

My innovative approaches to training and learning have received international recognition. I am a published author of two books and several scientific papers and regularly present in Australia and overseas.

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COURSE OVERVIEW

This course will help you understand mental illness and what it looks like in its various forms .

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MODULE 01

So, you want to help people with mental health problems and would like to know what to say.

- Introduction to the course
- What mental health first aid is all about
- The REESE model for taking effective action
- Fears and stigma about mental health problems
- Origins of mental illness

01

Course Overview

Welcome to this online course on Frontline Mental Health. After working as a psychologist in clinical settings, as an academic and as a workshop presenter for more years than I care to remember, it became clear to me that people often want to help people who are calling for help but don't quite know what to say and do.

This course will help you understand mental illness and what it looks like in its various forms and to develop the confidence to have a conversation with someone who has a mental health problem. There is no expectation at all that you will undertake treatment beyond providing frontline help. However, you will learn some techniques that can help people as a first aid measure.

You may also learn some things about yourself.





Course Design

Module 1: So, you want to help people with mental health problems and would like to know what to say.

- Introduction to the course
- What mental health first aid is all about
- The REESE model for taking effective action
- Fears and stigma about mental health problems
- Origins of mental illness

Module 2: What great mental health helpers do

- Initial decisions
- Boundaries and limitations
- Resisting the urge to give solutions
- Really listening
- Responding effectively
- Using inner resources



Course Design

Module 3: Helping people suffering from anxiety problems

- Recognising stress
- The nature of anxiety
- Recognising anxiety
- What to say now
- Helping people who are panicking.

Module 4: Helping people suffering from anger and depression

- Helping people who are angry
- The nature of depression
- Recognising depression
- What to say now

Module 5: Helping people who are suicidal

- Understanding suicidal behaviour
- What to say now
- Helping people who are suicidal



Course Design

Module 6: Helping people suffering from dementia or psychosis

- Understanding dementia
- Recognising dementia
- What to say now
- Helping people who have dementia
- Understanding psychosis
- Recognising psychosis
- What to say now
- Helping people who have psychosis

Module 7: Helping people suffering from problems of addiction and eating disorders

- Understanding addiction
- Recognising addiction
- What to say now
- Helping people who are addicted
- Understanding eating disorders
- Recognising bulimia and anorexia
- What to say now
- Helping people who have eating disorders



Course Design

Module 8: Helping people suffering from trauma

- Understanding trauma
- Recognising negative responses to trauma
- What to say now
- Helping people who are traumatised

Module 9: Review and last questions

- Review of helping skills
- Self-care
- Mental health care agencies and resources



Course Design

Activities

Each module consists of some reading, links to web sites, videos and activities for you to complete. These activities are part of the assessment for the course and you'll be required to submit them to your facilitator.

There is also a multiple-choice knowledge test, which you'll complete at the end of the course.

Webinars

There are also 4, one-hour webinars during which you will consolidate your learning. These are interactive sessions.