

The Accidental Counsellor

At Lifeline Gippsland we are committed to raising awareness of mental health and suicide prevention. A community that is trained to recognise and respond to a person in crisis is the best safety net and builds resilient communities.

Course duration:

5 hours

The Accidental Counsellor is...

A counsellor by chance. Maybe you've noticed a colleague, client or friend displaying signs of stress, anger, depression or despair. What do you do? What do you say? Are you equipped to handle this?

This program discusses how to recognise someone experiencing an emotional crisis or a developing mental health issue and how to respond appropriately.

Responding appropriately at the right time to someone experiencing a crisis can positively affect the outcome for that individual.

This session highlights the importance of self-care and prioritising your own well-being as you support others.

Becoming an "Accidental Counsellor"* will give you the confidence to use simple tools to:

Recognise

- A crisis or mental health issue

Understand

- Depression
- Anxiety
- Trauma
- Suicide

Respond

- How to listen
- Time and place
- Appropriate language and terminology
- Encourage action

Refer

- How to refer
- Where to refer

Self-care

- Tips and tools for looking after yourself.



*The Accidental Counsellor training will not qualify you to become a counsellor or to provide ongoing support.

Lifeline Gippsland Training

Lifeline Gippsland is a not for profit charity. By choosing to do your training through Lifeline Gippsland you are not only getting the very best Mental Health and Suicide Prevention training by the leading organisation in Mental Health, but you are also helping to support our 13 11 14 crisis line and saving lives.

Contact

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