

# Strong minds during difficult times

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

## Strong minds during difficult times...

Stress and setbacks are a part of life, and they can't be avoided. A series of challenges, or a traumatic situation, can be hard to deal with. But if we know we can cope with adversity, that can give us the confidence to get through tough situations.

Resilience is our ability to cope with tough times by applying our inner strength and engaging support networks.

Resilience can enable us to face difficult situations and maintain good mental health.

The exciting thing about building a strong mind is that it is a skill. Like any skill, with practice, resilience can be learned.

This program describes resilience in the workplace and provides helpful tips about how we can be more resilient. It will define exactly what is meant by resilience and describe some exercises that could help to develop personal resilience or that of a team at work.



### 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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