

MEDIA RELEASE



Monday, 20 March 2017

Employees benefit from RAMHP's Workplace Support Skills training

Each year, approximately one in five people will experience a mental illness.

Workplaces can help by ensuring that people dealing with mental health issues are identified and linked with the care they need.

Working across NSW, Rural Adversity Mental Health (RAMHP) Coordinators provide Workplace (and Community) Support Skills Training courses. These short 1.5 to 3 hour courses provide information including:

- How to look after your mental health
- Signs that a person may be struggling
- Finding and providing help
- How to have a conversation with someone you're worried about
- How to help someone at risk of suicide
- And more...

Darcy Budden RAMHP Coordinator for Mid North Coast Local Health District said "If your work colleague isn't travelling well, we want you to notice. We want you to be able to provide a listening ear and some gentle guidance to support him in finding help and feeling better. We want you to be able to identify signs of mental health issues in yourself, as well as those close to you.

"We want you to know that help is available and how to find it," Darcy said.

Other tips for talking to someone you're worried about include:

- Find out where help is available
- Choose an appropriate time and place
- Be mindful of your stress levels
- Listen and show empathy
- Don't be dismissive
- Reassure and offer hope for the future
- Be respectful and discreet
- Remember, help is available and recovery is possible

To book a Workplace Support Skills (WSS) or a Community Support Skills (CSS) training course or to find out more, contact us:

E: ramhp@newcastle.edu.au

T: (02)6363 8444

W: ramhp.com.au



What others say about our WSS training course

Central Tablelands Local Land Services – Hill End 7/12/16

- *“I loved the handouts, the talks and the videos. The key thing I learned was how to identify the signs that someone is in need of help”*
- *“The best aspect of the workshop was our presenter’s passion and experience. The training really focused on issues that are real and important to our work. The key thing I learned was how important it is to try to help.”*

Central West Libraries – 5 -6/5/2016

- *“The workshop was very practical. The brief, illustrative movies broke up the narrative and the presenter was excellent, clear and organized.”*
- *“The key thing I learned was that there is an enormous amount of help available”*

About RAMHP

The Rural Adversity Mental Health Program (RAMHP) is a major program of the University of Newcastle Centre for Rural and Remote Mental Health, in partnership with each of the rural NSW Health Districts, and is funded by the NSW Ministry of Health. RAMHP works to address the short and long-term mental health needs of rural and remote communities in NSW by linking people to the help they need.