

Carer KaFÉ Training

FREE training for Victorian kinship and foster carers



MENTAL HEALTH



Presented by Nick Grainger, The Australian Childhood Trauma Group

Senior Consultant/Social Worker Australian Childhood Trauma Group Nick Grainger is a Senior Consultant/Social Worker at Australian Childhood Trauma Group. Nick has a 15-year background of working with vulnerable and high risk; children, young people and families in a range of support contexts. His experience includes having worked in the education and not for profit sector managing out of home care programs and implementing therapeutic responses to care. Nick is recognised for his very calm, friendly and compassionate approach. He has a particular interest and experience in the educating, supporting and skilling of people.

Mental illness will affect most of us at some point in our life, either directly or indirectly. This session will introduce the symptoms, causes and treatments of mental illnesses such as Attention Deficit Hyperactivity Disorder (ADHD), Autism Spectrum Disorder, Fetal Alcohol Spectrum Disorders, depression and anxiety.

This session is presented over an intensive half-day.

During this session you will:

- learn how to spot warning signs of mental health problems and respond appropriately
- understand mental health crisis situations: suicidal thoughts and behaviours, panic attacks, severe effects of drug or alcohol use, psychotic states, aggressive behaviours
- learn how to provide appropriate help (mental health first aid) and when and where to seek professional help
- learn how to have difficult conversations about mental health

WHEN: Wednesday 7th November 2018
Registration & tea: 9am
Training: 9:30am - 3pm

WHERE: BDAC (Ballarat)
109 Lydiard St North,
Ballarat Central VIC 3350

TO BOOK: www.carerkafe.org.au
carerkafe@fcav.org.au
(03) 9416 4292