

# Carer KaFÉ Training

FREE training for Victorian kinship and foster carers



## MENTAL HEALTH



Presented by Alex Nichol, The Australian Childhood Trauma Group

Alex is passionate about helping children and young people get the best start in life. He has a Master of Educational and Developmental Psychology (UWA) and over 10 years experience working with children and young people across Australia. He has worked at headspace, child and adolescent mental health services, disability services and child protection.

Alex has an in-depth understanding of the effects of childhood trauma, family systems and mental health issues. He supports children, young people and families with an individualised, evidence driven approach with a focus on forming a genuine connection. Throughout his career he has developed excellent skills at supporting people with complex needs to engage in therapy and improve their wellbeing.

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:** Monday 10th December 2018  
Registration & tea: 9am  
Training: 9:30am - 3pm

**WHERE:** BADAC  
109 Lydiard St N  
Ballarat Central VIC 3350

**TO BOOK:** [www.carerkafe.org.au](http://www.carerkafe.org.au)  
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