



# Brain Ambulance

## Mental Health Education

# Planning Pathways

### Aim 1 Pathway Options

To increase **general awareness** of mental health issues in the Workplace and/or Community.

- Anxiety & Depression**  
Building Resilience through Understanding
- Reducing Stigma in the Workplace**

### Aim 2 Pathway Options

To encourage **staff** to recognise the importance of **their own mental health** and wellness.

- Keeping Sane in a Busy Workplace**
- Workshopping a Wellness Plan**  
(Above as a pre-requisite)

### Aim 3 Pathway Options

To improve knowledge and skills in specific areas of **paid care giving and support**.

- Adult Mental Health First Aid to Key Personnel**
- Youth Mental Health First Aid**
- Tricky Communication Reminders**
- Issues & Identifying Obstacles**
- Managing Difficult Behaviours**
- Walking on Eggshells**
- Dealing with Verbal Abuse**



### Aim 4 Pathway Options

To provide substantial information & practical skills in dealing with issues of mental health for **all personnel**.

- Adult Mental Health First Aid**  
To all personnel
- Youth Mental Health First Aid**  
To all personnel



### Aim 5 Pathway Options

To provide education and skills for coping, managing and being resilient in the role of **unpaid carer**.

- Anxiety & Depression**  
Building Resilience through Understanding
- Adult Mental Health First Aid** or
- Youth Mental Health First Aid**
- Juggling Caring**
- Managing Difficult Behaviours and Helping Harmony**
- A Carer's 'Toolbox'**
- Walking on Eggshells**
- Dealing with Verbal and Physical Abuse**
- Communicating with Professionals**
- When Wellness Comes**
- Dual Diagnosis**
- Future Planning**



### Aim 6 Pathway Options

Assist mental health workers or workers who come into contact with clients experiencing a mental illness, gain an appreciation of the impact of mental health problems on the **whole family** and to use this appreciation to change the way services are provided.

- Family Sensitive Practice**

