

## Youth Crisis Support Workshop

Sometimes life can feel overwhelming and you find yourself the person who someone talks to when they are having a difficult time.

This workshop gives participants knowledge and skills to provide initial support to young people experiencing a mental health crisis.

You will gain the confidence to approach a conversation and know what you can ask, learn techniques to encourage people to open up and empower them to access appropriate coping strategies.

You will be given support services and networks to use when in a crisis. If you would benefit from this workshop, please see the workshop details below:

<b>Location</b>	Manly UC, 4 W Promenade, Manly
<b>Date</b>	Saturday 4 May
<b>Duration</b>	9.00am to 4:30pm (breaks included)
<b>Bookings</b>	saltandlightuc@gmail.com by Monday 22 April

## Workshop Topics

Participants will learn about how to recognise someone who may be experiencing a crisis with a focus on the following areas:

- ◆ Loss and grief
- ◆ Anxiety and feeling depressed
- ◆ Relationship issues
- ◆ Traumatic events
- ◆ Substance misuse
- ◆ Stress
- ◆ Suicidal thoughts
- ◆ Intentional self-harm
- ◆ Eating disorders