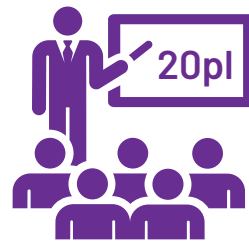




Exploring personal and professional boundaries to understand how to stay safe when supporting others

DoNOHarm Hearing Stories Safely



Explore personal and professional boundaries to stay safe when hearing potentially triggering stories. Build your skills to use inclusive language and minimise referred trauma.

This program is a practical application of MIEACT's DoNOHarm Framework (c) 2011 a best practice approach to communicating about mental illness, delivered by a qualified facilitator in partnership with a lived experience educator.

"This workshop gives everyone the confidence to talk about mental illness in a safe way while at the same time promoting mental health education and stigma reduction."

-Client, Carers ACT

By the end of the session you will:

Understand the current state of mental health and well-being

Understand the impact of language to improve communications

Explore inclusive language and develop respectful practices

Learn how to decrease escalation and minimize retraumatisation

Learn practical strategies to stay safe when hearing potentially triggering stories

Leave with practical tools to manage, support and practice positive help seeking strategies

FEE
\$2,200 INC GST

mieact

mental health & well-being
education & training providers

For more information visit www.mieact.org.au