

# MENTAL HEALTH UPSKILLING

## Building Resilience & Providing Support

### WORKSHOP

This workshop equips you with techniques to build individual resilience; teaches you ways to identify distressed individuals who need support, and how to apply Psychological First Aid to help these affected people.

The topics covered in the workshop are:

- ✓ Mental Health Awareness
- ✓ Stress & Self-Care
- ✓ Crisis & Psychological First Aid

Learning Outcomes:

- Understand the importance of mental health and how to improve it.
- Understand stress management and how to use the practice of self-care as a strategy to build individual resilience.
- Understand what is a crisis and how to respond / support by applying Psychological First Aid.

**Duration:** 4 hours (i.e. 9am - 1pm)

**Mode:** Physical

**Venue:** Provided by organisation  
(projector and chairs required)

**Trainer:** Kevin Khoo



Please email [kevin@ProjectAnanias.com](mailto:kevin@ProjectAnanias.com) for inquiries.

