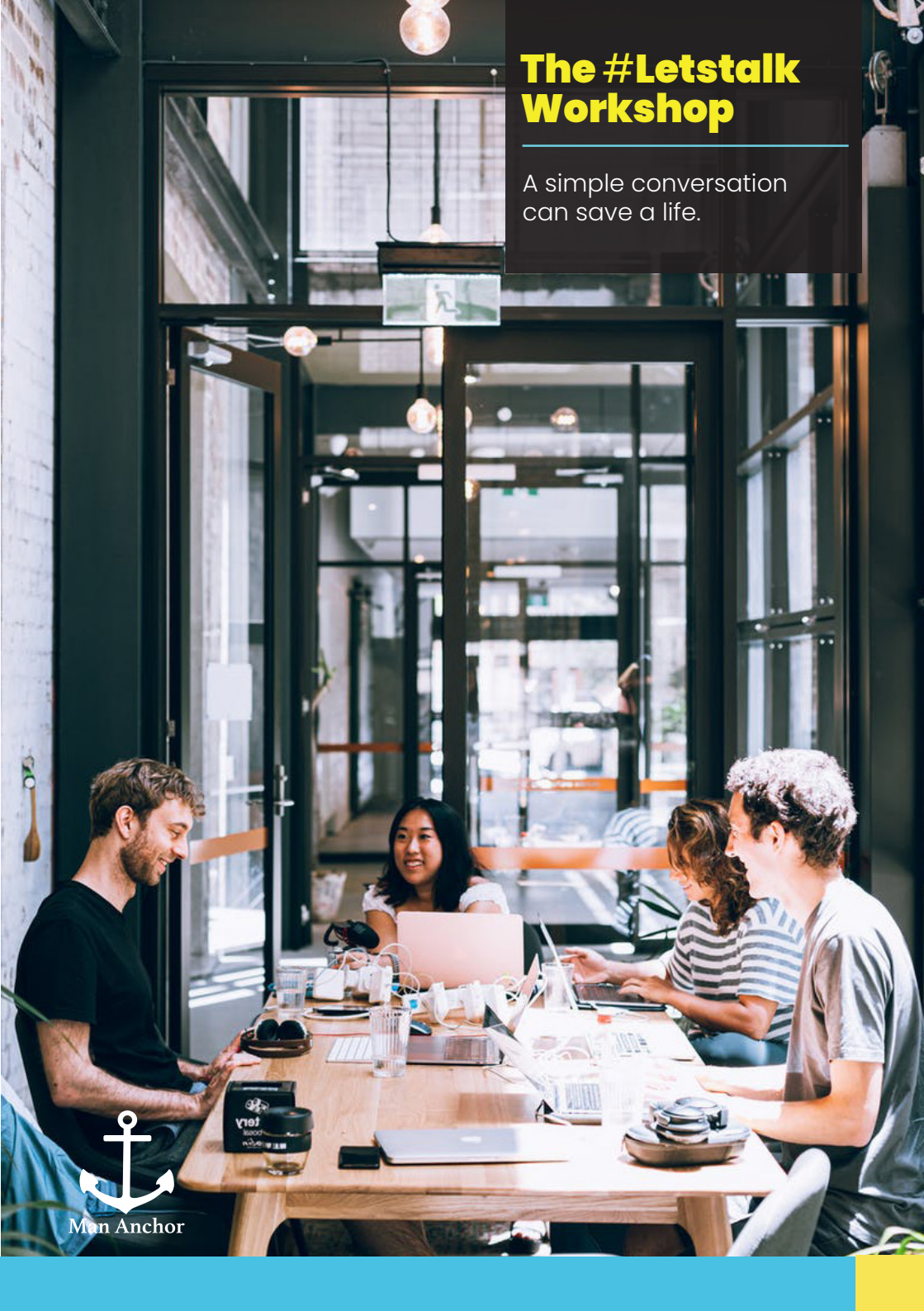


The #Letstalk Workshop

A simple conversation can save a life.



Men Anchor



THE #LETSTALK WORKSHOP

Learn the Skills to Make a Difference!

The #letstalk workshop is designed to engage, educate, empower and encourage people to kick start conversations about Health and Mental Health within their own circle of family and friends.

The workshops are run in a relaxed and inclusive environment where we help break down the perceived stigmas and barriers that have historically held people back from reaching out for help or reaching out to help someone in their life.

What the Course Covers:

- Removing perceived stigma
- Raising awareness
- Breaking down barriers
- Creating opportunities
- Normalizing the topic & language
- Sharing experiences
- Identifying triggers
- Knowing the signs
- Tools to keep yourself on the good side of the mental health spectrum

This is a one hour workshop which is run in an relaxed atmosphere by a qualified facilitator. We encourage conversation interaction and sharing experiences.

Why Attend The Course?

The course will improve your knowledge and understanding of mental health disorders and how it effects people every day. You will learn how to support people in crisis until a mental health professional can be contacted.



Thank You

Thank you for your interest in this course and willingness to care for others.

For more information or to book your place in the next course please visit our website

www.mananchor.com.au

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