

# Do you know someone who has been effected by the Townsville floods?

**Would you like to learn skills to support friends and colleagues affected by the psychological distress created by the floods?**

Signs of psychological distress may include:

- Being uncharacteristically anxious, short tempered or tearful
- Excessive tiredness or fatigue
- Feelings of being overwhelmed or hopeless
- Withdrawal from others
- Changes in appearance or hygiene

Open Arms – Veterans & Families Counselling provides this Mental Health Peer Support training free of charge.

## ELIGIBILITY

Anyone who has personal contact with current and/or ex-serving members of the defence community (including their families) can attend this training.

Regardless of whether you are an emergency services worker, teacher, current or ex-serving defence member, workplace colleague or concerned friend, this training will help you learn skills to support your peers.

## WHAT WILL YOU LEARN?

A Peer is someone who can offer and receive help, based on mutual understanding and respect.

This training program will cover:

- an introduction to common mental health issues, including those experienced by people after a natural disaster (e.g., depression, anxiety)
- strategies for responding to emotions such as anger, grief and loss
- communications skills that enhance peer support relationships
- the do's and don'ts when responding to a crisis
- recognising warning signs for suicidal behaviour
- skills to maintain your own wellbeing whilst supporting others

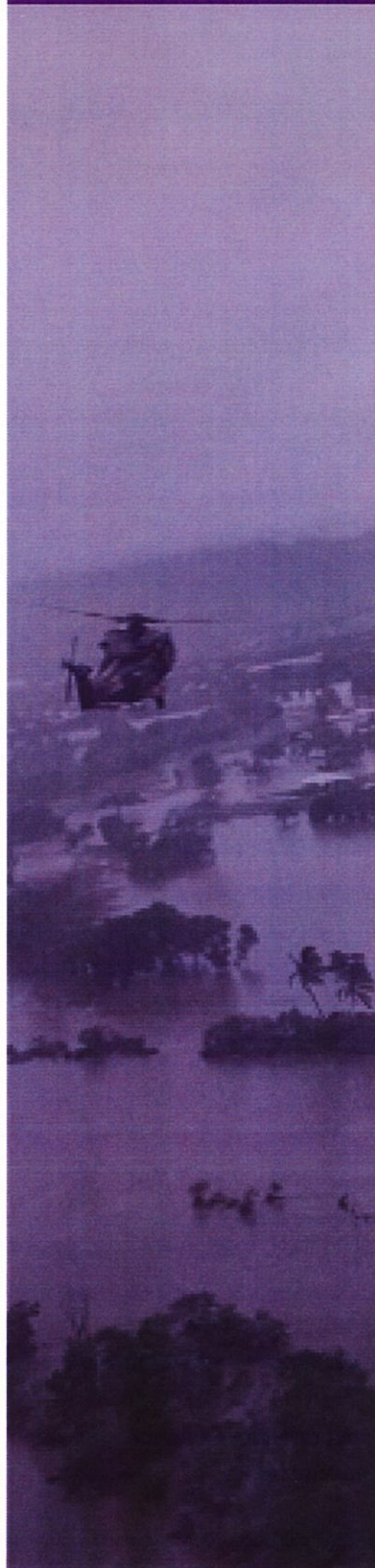
## WHEN

The training is being run in two different formats. You can choose to do:

- an intensive 3 day program on: Monday 25 March, Monday 1 April and Thursday 4 April 2019, from 9am to 4.30pm, or
- a monthly program, with meetings on the first Thursday of every the month from 2pm – 4pm

You must register for the intensive program, however, drop-ins are welcome for the less formal monthly learning sessions.

Call Open Arms on 1800 011 046 to register for either training session.



## Peer Network Townsville presents...

# Developing Peer Support Relationships & Limit Setting

Peer Supporters need to acknowledge that each Peer is worthy of respect in entering and developing a support relationship. As a Peer Supporter you need to be able to learn what is important to the Peer and show empathy and concern. You will need to be able to ask open ended questions to gather information and to refrain from judgement.

Effective support relationships are built on rapport and trust. These are gained through listening and communication skills, showing empathy, and providing regular follow-up. In developing relationships you need to be aware and understand the limits of the Peer Supporter / Peer relationship.

The aim of this workshop is to assist Peers to:

- Identify the qualities of a positive support relationship which can assist in the Peer's recovery journey
- Understand empathy in developing relationships
- Describe the limitations of your role as a Peer Supporter
- Understand the parameters of the Peer Supporter role
- Understand how to discontinue a Peer to Peer relationship.

**When:** Thursday 7<sup>th</sup> March 2019 at 2pm to 4pm

**Cost:** Free

**Where:** Open Arms North Qld, Nathan Business Centre, 340 Ross River Road, CRANBROOK QLD

**Who:** Veterans and their families who have an interest in supporting veterans.

**How:** Call Andrew, Tim or Toni at Open Arms during normal business hours to register to attend on 07 4723 9155 or email [openarms.northqld@dva.gov.au](mailto:openarms.northqld@dva.gov.au)

### Up Next

Date	Time	Agenda topic
April 4 <sup>th</sup>	2pm – 4pm	Depression

