

## Are you interested in becoming a Peer Support Volunteer?

At Newcastle Anglican, the safety, health and wellbeing of our workers and the people we support is the highest priority.

Newcastle Anglican is committed to achieving and maintaining a proactive safety culture that aims to prevent work-related injuries and ill health caused by physical and psychosocial hazards.

Newcastle Anglican supports inclusive working environments that promote participation, collaboration, partnering, consultation, and innovation.

The Peer Support Network comprises individuals from Newcastle Anglican who have volunteered for the role of Peer Support Volunteer.

These volunteers are Mental Health First Aid accredited, making them readily accessible and approachable for early support. It is essential for workers to feel comfortable sharing their personal or professional challenges and experiences within a supportive, confidential, and non-judgmental environment.

If you're interested in becoming a Peer Support Volunteer and obtaining your mental health first aid training and accreditation, please email: [whs@newcastleanglican.org.au](mailto:whs@newcastleanglican.org.au)

We welcome your participation and commitment to supporting the wellbeing of our workers.

Upcoming Mental Health First Aid training (two-day course):

Venue	Date	Time
36 Warabrook Blvd, Warabrook	Wednesday 1 May and Thursday 2 May	9am-4pm

## What is Mental Health First Aid (MHFA)?

Mental Health First Aid is the initial help offered to someone who is experiencing a mental health problem, or a mental health crisis, until appropriate professional help is received, or the crisis resolves.

Around one in five Australian adults experience a common mental illness each year.

Understanding how to talk about mental health and help someone in need are important skills. Many people feel uncomfortable and unprepared when thinking about starting a conversation with someone they are concerned about.

During a MHFA course, participants will learn how to recognise the signs and symptoms of mental health problems and learn the skills to feel confident and able to help.

Having mental health first aid skills means that you can assist someone developing a mental health problem or experiencing a mental health crisis and make a real difference to your community.

The two-day course will specifically cover:

- Depression
- Anxiety problems
- Psychosis
- Substance use problems
- Suicidal thoughts and behaviours
- Non-suicidal self-injury
- Panic attacks
- Traumatic events
- Severe psychotic states
- Severe effects from alcohol and other drug use
- Aggressive behaviours.