

Accidental Counsellor Online

Safely and effectively support someone who might be in crisis.

This course provides basic skills and structure to be able to provide immediate support and assistance using the 'Recognise, Respond, Refer' model. This workshop also provides basic skills on how to ask openly about suicide risk and respond safely whatever the answer.

Takeaways from this presentation:



Skills to support someone in an emotional crisis



Recognise, Respond, Refer model



Skills in active listening and effective gentle questioning

Delivery

Accidental Counsellor uses a blended training model beginning with a 90-minutes online, self-paced preparation module in advance of the 3.5 hour online workshop delivered via Zoom.



5 hr
Blended
Online

Research tells us that we are more likely to seek support from a work colleague or a friend than from a manager or formal support pathways. So, it is important that we have basic skills and awareness to help assist others in any walk of life.

When: Friday 2 June 2023
Where: Zoom delivery
Time: 9.30am—1.00pm
Cost: \$0
Book: [HERE](#)
Enquire: [Mariea Stannard](mailto:Mariea.stannard@lifeline.org.au)
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Once you register, Lifeline will confirm your reservation and send you information about the release of your eLearning.

This presentation funded by the Australian Government is intended for those living in or around Armidale

