



# Mental Health Awareness

With mental health issues on the rise, it's important we have the knowledge and skills to recognise if someone we know is experiencing mental health challenges, learn how to talk to them, and identify where to get help.

Join us to learn how to help address the stigma surrounding mental health and support someone you know.

Delivered by *Lifeline WA*, these FREE interactive workshops will explore simple and practical skills for supporting family, friends, co-workers or any person you know who may be experiencing mental health challenges.

Some topics covered include:

- Looking out for general signs of poor mental health.
- Breaking the stigma surrounding mental health and encouraging people to talk about mental health.
- How to ask if someone is thinking about suicide, and the warning signs to look out for.

Come along to one workshop or all!



## Talking about mental health

Wednesday 1 May, 6 - 7.30pm at Armadale Library

Thursday 2 May, 1 - 2.30pm at Seville Grove Library

Talking about mental health and illness is important. It can help us to better recognise early warning signs and understand how mental illness can affect a person's life.

During this workshop we will differentiate facts from fiction and discuss how to recognise common symptoms of mental illnesses. This workshop will help you recognise the impact of stigma and identify a range of supports available to help someone in need.



## Talking about suicide

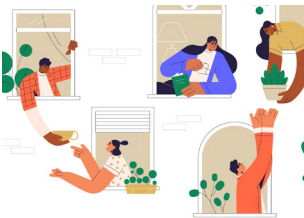
Wednesday 15 May, 6 - 7.30pm at Armadale Library

Thursday 16 May, 1 - 2.30pm at Seville Grove Library

At this workshop we discuss the questions:

- How common are suicidal thoughts?
- Can suicide be prevented?

Together we will look at common misunderstandings about suicide and what signs to look out for. Learn how to ask if someone is thinking about suicide and what supports are available to help.



## Supporting yourself and others

Wednesday 29 May, 6 - 7.30pm at Armadale Library

Thursday 30 May, 1 - 2.30pm at Seville Grove Library

The stigma surrounding mental health and lack of knowledge about available services are common barriers to seeking help and treatment for mental health issues.

Join us as we learn how to identify the signs of poor mental health and wellbeing, how to check in with people, and how to find support for yourself and others.

These sessions are designed for adults.

Places are limited and bookings are essential for each of these sessions.

Visit [library.armadale.wa.gov.au](http://library.armadale.wa.gov.au) or call the library on 9394 5125 to book your place.

If you are unable to attend after booking please notify us.



[library.armadale.wa.gov.au](http://library.armadale.wa.gov.au)  
Armadale Library | (08) 9394 5125  
Kelmescott Library | (08) 9394 5810  
Seville Grove Library | (08) 9394 5800

