

# mental health skills support

## What is skills support?

- Work alongside your worker to build mental health skills.
- Evidence-based program.
- Up to 6 sessions.
- 9 possible topics.
- You decide what to focus on.



## What are the topics?

- Communicating with confidence
- Understanding my anger
- Physical activity for wellbeing
- Understanding and managing my moods and anxiety
- Problem solving skills
- Mindfulness and relaxation
- Understanding and accepting myself
- Sleeping well
- Nutrition for wellbeing

## Family Inclusive Practice

- Where you are comfortable, and would be beneficial to your wellbeing, we encourage family and friends to be involved in your care.
- All involvement of family and friends is done with your privacy and confidentiality in mind.

## Next steps

- Once a worker becomes available, they will contact you to arrange your first appointment.
- In periods of high demand, you will be placed on our waitlist and will receive regular check ins via call or text.

**If you need immediate assistance, call 000, or to speak to someone urgently, please call: Lifeline 13 11 14, Kids Helpline 1800 55 1800, or Mental Health Triage 13 14 65.**