

## Session Outline



# Hands UP FOR Inclusion WEEK

9-13 SEPTEMBER 2019

**SESSION DATE & TIME:**

Wednesday 11 September 2019  
2.00pm – 3.30pm

**SESSION COST & AUDIENCE:**

**Free** – Open to all NTPS employees (non-attendance fees may apply)  
Limited seating. Max 40 People.

**SESSION LOCATION:**

Meeting Room E, Level 10, Charles Darwin Centre  
19 the Mall, Darwin City NT 0810

**SESSION DETAILS:**

A presentation will be delivered on **Mental Health First Aid: Practical tips for workplace wellbeing**. Topics covered will include:

- Recognising what you are hearing and seeing in someone's words and behaviours;
- When is the right time to say something;
- What and how to say what you need to say; and
- Where to get assistance.

**ORGANISATION:**

**Charles Darwin University**

**ABOUT THE SPEAKER:**

**Amanda Brain** - At the age of 18, Amanda was a carer for a person with disability. In 2010 she became a trainee with St John Ambulance Emergency Services and found a new strength and unwavering passion to assist people who were extremely vulnerable. For the past 5 years, she has been working in the community for organisations assisting people who experience the effects of mental illness. Amanda is coordinating and delivering the Certificate IV in Mental Health and Mental Health 1<sup>st</sup> Aid for Charles Darwin University, and also runs her own business coaching others physically and mentally.

**To register:**

[Book Here](#)