

# Carer KaFÉ Training

FREE training for Victorian kinship and foster carers



## MENTAL HEALTH



### Presented by Gregory Nicolau, The Australian Childhood Trauma Group

Gregory Nicolau is a Melbourne based Consultant Psychologist and entrepreneur. He is the Founder / CEO of Australian Childhood

Trauma Group and the Tech Startup Ripple™ With 35 years experience working with executives, managers and staff in support of the Out of Home Care, Youth Justice, Education and Refugee Sectors to build their capacity and resilience to undertake what at times can be confronting work. He is also well respected within the indigenous community for his work in partnership with ATSI organisations. As Chief Executive Officer of Australian Childhood Trauma Group he guides the organisation which specialises in consulting, training and program development in the area of trauma providing therapeutic programs and support services to: government and non-government agencies, schools, individuals and families. He has an exceptional reputation for managing complex cases and situations in a compassionate and focused manner and is highly sort as a trainer and conference speaker. He is transparent in his interactions and is able to challenge as appropriate. He enjoys supporting people to achieve their best and maximise their potential.

Mental illness will affect most of us at some point in our life, either directly or indirectly. This session will introduce the symptoms, causes and treatments of mental illnesses such as Attention Deficit Hyperactivity Disorder (ADHD), Autism Spectrum Disorder, Fetal Alcohol Spectrum Disorders, depression and anxiety.

This session is presented over an intensive half-day.

During this session you will:

- learn how to spot warning signs of mental health problems and respond appropriately
- understand mental health crisis situations: suicidal thoughts and behaviours, panic attacks, severe effects of drug or alcohol use, psychotic states, aggressive behaviours
- learn how to provide appropriate help (mental health first aid) and when and where to seek professional help
- learn how to have difficult conversations about mental health

**WHEN:** Wednesday 8 August 2018  
Training: 10am - 2pm

**WHERE:** Flying Horse Warrnambool  
10691 Princes Hwy,  
Warrnambool VIC 3280

**TO BOOK:** [www.carerkafe.org.au](http://www.carerkafe.org.au)  
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