

Learn with Lifeline Northern Beaches

At Lifeline Northern Beaches
we make a difference every day.

Accidental Counsellor: Foundations

Accidental Counsellor offers foundation training in how to support someone who might be struggling due a personal crisis or having thoughts of suicide. This is training for those of us who find ourselves providing support to others and assisting them in times of emotional distress or personal crisis. With an increasing number of people under stress and pressure, **Accidental Counsellor** offers evidence-based training, giving you the skills and the foundational knowledge to act with compassion, awareness and understanding.

The course will:

- Identify the signs and symptoms of emotional distress and personal crisis, including suicidality
- Explore the **3Rs** of **Recognise, Respond** and **Refer** to support your **Accidental Counsellor** conversations and actions
- Provide the resources and tools that enable you to act with compassion

Participants will learn to:

- Recognise the common signs and behaviour changes when someone is experiencing emotional distress and personal crisis, including thoughts of suicide
- Engage and respond with empathy and without judgement
- Refer someone to appropriate support, including professional help, resources and information

Who should do Accidental Counsellor: Foundations?

Everybody should do Accidental Counsellor! It may be particularly valuable for people where there is a duty of care or where there is a level of responsibility for the wellbeing and welfare of others.

This can include:

- workplace, social and community leaders
- frontline workers
- customer-facing staff
- parents and carers
- service and health professionals
- new and emerging managers
- anyone who is working with people and teams

If this sounds like you, reach out and talk to us about what you need.

Duration: *4 hour workshop*

All our workshops are interactive and facilitator led. They can be adapted to meet your training environment and to support your workplace and community needs.

Delivery: *Zoom or Face to face.*

*Please note: **Accidental Counsellor: Foundations** | is not training to become a counsellor.*



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 **Lifeline**
Northern Beaches