

PROMOTING THE MENTAL HEALTH OF THOSE WHO SERVE

## ROAD TO MENTAL READINESS

### INTRODUCTION

Originally designed by the Canadian Defence Force Navy Seals, this suite of courses was further developed by the Mental Health Commission of Canada. Involving clinicians and Defence peers, R2MR is based on scientific research and best practice.

Over 85% of Canadian First Responders have completed this training with significant outcomes for both themselves, their families and the organisations they serve.

This course is delivered in 1 day.

### COURSE OUTLINE

This course covers the following topics:

- The mental health continuum model
- A set of cognitive behavioral therapy-based techniques
- Scenario-based practical applications and custom videos
- Mental illnesses
- Stigma reduction

**FORMAT:** One day course 9.00am-5.00pm

### KEY OUTCOMES

Participants will leave with a toolbox of skills and be competent in the following:

- Clear categorization of one's mental health along a continuum
- Improved coping with stress and improved Mental Health resiliency
- A decrease in stigmatizing attitudes
- Change in attitudes towards mental illness and improvement in the lives of people living with mental illness

*“ I can now recognize the signs of mental health difficulties in myself and my family, and have tools to understand mental health in the workplace – what I should practice for myself and how I can support others. ”*

Road to Mental Readiness participant



### FURTHER INFORMATION

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All profits made go towards Lifeline Canberra's Telephone Crisis Support service 13 11 14 saving lives in our community.