



# JOBTRAINER

**SHORT COURSE**

## Statement of Attainment training in Supporting Mental Health [extract from CHC32015]

### Overview

This course is designed to help you get the skills you need to establish relationships with people who are living with mental health issues, clarify their needs and work collaboratively with them. It is designed for support workers in contexts outside the mental health sector, but who come into contact with people with mental health issues. The services and support provided are not mental health specific.

- Establish respectful relationships with people with mental health issues.
- Work out the needs of people with mental health issues.
- Work with them so they can meet their aspirations and needs.

### Subject Information

- CHCMHS001 — Work with people with Mental Health Issues

### Campus

Online/CIT Reid

### Duration

This short online course will take approximately six (6) weeks. You will be required to participate approximately ten (10) hours per week to complete the course.

Delivery is online, with final assessments completed in two face to face practical workshops where you can practice the skills learned online.

### Additional Information

These skills are for any general workplace where you will come in contact with people with mental health issues - it is not designed for people in the mental health sector.

You will be required to complete some additional hours of independent study, including online activities and assessment.

### Course commencement options

- Semester 2, 2021

### Information

For more information on courses and eligibility, visit [cit.edu.au/jobtrainer](http://cit.edu.au/jobtrainer) or contact us on:

#### Individual Enquiries

CIT Student Services — (02) 6207 3188

#### Industry and Business Enquiries

CIT Business Development — (02) 6205 3298  
[citbusinessdevelopment@cit.edu.au](mailto:citbusinessdevelopment@cit.edu.au)

Please check the website for the most up to date information.

JobTrainer is a jointly funded initiative of the Commonwealth, state and territory governments, offering free vocational education and training to young people (17 to 24 years, who have finished school), and job seekers across Canberra. Places are limited and you must meet eligibility requirements.