

# Psychology Skills Intensive *For You*



## PSI-FY Mental Health Education Training

**1 Day Intensive workshop gives you (and your staff) the tools to:**

- recognise mental ill-health symptoms
- identify common conditions (such as depression, anxiety and borderline personality disorder) and learn about their impact
- develop practical strategies to assist people manage their psychological and emotional wellbeing

In 7 hours you will discover ways to help yourself, clients, colleagues and children manage mental health.

JobCo's **PSI-FY** has been designed, written and tested by Psychologists with extensive clinical experience.



**1 Day**  
Workshop  
Event



**JobCo. Training**  
[www.jobco-training.com.au](http://www.jobco-training.com.au)



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