

YAMAYAMARRA Accidental Counsellor



The Lifeline Central West Yamayamarra Accidental Counsellor course is designed for anyone who would like to support Aboriginal and Torres Strait Islander peoples experiencing difficult situations or a crisis by understanding more about their **culture and beliefs**, and learn to:

Recognise when the Aboriginal and Torres Strait Islanders might be experiencing a crisis

Respond in a culturally appropriate and compassionate manner.

Refer to appropriate services or supports.

Have you ever found yourself supporting your mob, a friend, customer, client, colleague, patient, or even a stranger who is experiencing distress or a crisis, and you aren't sure what to say? Our Yamayamarra Accidental Counsellor two-part workshop equips participants with the skills and knowledge to respond appropriately in these situations.

Learning how to 'Recognise, Respond and Refer' helps participants build their confidence to support our First Nations peoples in distress or experiencing a crisis. Participants will gain valuable knowledge and education on our First Nations peoples' culture and history, as well as Mental Health whilst learning some tips on how to:

1. Identify someone in distress
2. Respond to First Nations peoples in crisis through using effective communication skills.
3. Start a conversation directly around suicide

This zoom workshop is delivered by Lifeline Trainers. It is open to both Indigenous and Non-Indigenous peoples. Western NSW PHN is partnering with Lifeline to deliver this workshop for primary health care professionals including GPs, Registrars, Practice Nurses, Practice Managers, Aboriginal Health Professionals and Practice Staff. This interactive workshop has **limited places**, so please enrol early to avoid disappointment. No pre-existing skills or knowledge are required.

DATES & TIME: **13 & 20 October 2022 | 6.30pm to 8.30pm**
*(Places are strictly limited, please only register if you can commit to attending **both sessions**)*

VENUE: **Online via Zoom** (a meeting link will be sent to participants prior to the first meeting)

REGISTRATION: Please [CLICK HERE](#) to register for this FREE virtual two-part education session

ACCREDITATION: **RACGP CPD and ACRRM PDP accreditation is pending**

For further information please contact:

Erica Gilbert
Education Programs Coordinator
Western NSW Primary Health Network
Call: 0428 311 887
Email: erica.gilbert@wnswphn.org.au

