



## Mental Health Awareness Q & A Session

This Q & A session will aim to answer questions and have discussions with participants on key areas surrounding mental health.

- Healthy habits to support your mental health
- Managing emotions
- Behavioural changes to look out for
- How to have a conversation with someone you are concerned about
- Options for support

Q & A sessions are an alternative to a training session and offer a flexible delivery style with an expert facilitator where **discussion and answering questions raised by the participants are the key focus**. They take the format of a Subject Matter Expert sharing their expertise and experience, and providing advice, guidance, hints and tips to those questions raised by the audience.

If you feel confident that participants will actively engage and ask questions, this format may be suitable.

This session is unlike a training session that has a session outline and learning objectives. There is a minimal number of slides.

It would be best for participants to come to the session armed with questions to ask the Subject Matter Expert in relation to mental health.

Each Q & A session typically runs for **60 minutes** over Zoom video.

For more information and enquiries, please call your Relationship Manager on **1800 818 728**.

