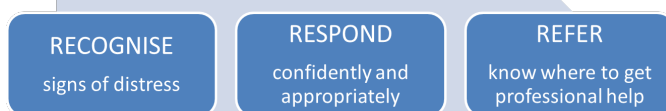


# Accidental Counsellor

Do you ever find yourself in a counselling role by accident? Maybe you have a family member, friend or colleague who has spoken to you in confidence about their problems or mental health. Or you are concerned about someone but do not know how to start a conversation to check that they are OK.

This training provides practical and effective skills to step into the shoes of a counsellor and be able to respond to and support others when they are distressed or experiencing a personally challenging time.

**Learn to use the three R's model:**



The 'Accidental Counsellor' four-hour workshop can give you the foundational skills for when you need to provide emotional support.

## Learning outcomes:

- Improve communication and skills for active listening
- Identify signs when a person may need emotional support
- Understanding of mental illness and suicide intervention
- Learn techniques to respond appropriately to distressed people in crisis situations
- Practice counselling techniques
- Develop skills around professional boundaries and selfcare strategies
- Gain support options and referral information

## EXPRESSIONS OF INTEREST, CONTACT:

KRYSTAL LEES on 9281 3277 or [krystal@lca.asn.au](mailto:krystal@lca.asn.au)



Lifeline Northern Beaches is a not-for-profit organisation that provides free crisis support and suicide prevention services. Our specialised training programmes are designed to equip individuals with the tools to assist others who may be in crisis, improve their own levels of resilience, and know where to turn for help.

For further information  
contact the training team  
at Lifeline Northern Beaches  
Phone 02 9949 5522  
Email [training@lifelinenb.org.au](mailto:training@lifelinenb.org.au)  
[www.lifelinenb.org.au](http://www.lifelinenb.org.au)



 **Lifeline**  
**Saving Lives**  
Crisis Support. Suicide Prevention.