



CoLiberate

Mental Health First Response Skills Training

Phase One **Support Platforms**

Creating a strong foundation for all mental health support practices

- CoLiberate's Mental Health Support Platforms
- Participatory digital learning experience
- Remote wellbeing Check-In tool
- Streamlined group tech set up

Phase Two **Crisis Response**

Developing confidence in responding to crisis

- CoLiberate's Suicidal Ideation Response method
- Understanding and enabling the critical steps of crisis response
- Practicing the understandings, tools and approaches of crisis response
- Isolation and remote specific response techniques

Phase Three **CONVOS Support Framework**

Practicing foundational skills needed for mental health support practices

- CoLiberate's CONVOS Support Framework
- Game-based learning approach for rapid skill development
- Iterative, step-by-step learning process
- Contextualised CONVOS in action audio to take away

Phase Four **MHFR Skills Application**

Building confidence and experience in applying MHFR skills

- 1-on-1 coaching opportunities with CoLiber-Coaches
- Range of industry and situation specific practice scenarios
- Small group co-learning processes
- Safety and wellbeing check-out

All Phases **MHFR Skills Training**

- Participatory learning approach
- Individually completed digital workbooks
- Visual, game-based and participant-led learning environment
- Guided by highly skilled and experienced CoLiber Coach facilitators
- CoLiberate's acclaimed group experience model

- Hosted remotely through video conferencing software
- 90-minute duration each