



Balance in Bewegung

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Support Mental Health

Workshop for co-workers and leaders

First aid should not only be available in companies and institutions in case of accidents with physical injuries but also for acute mental health problems.

Trained co-workers and leaders enable an initial assessment of whether and which further measures appear helpful in the individual case. Empathetic yet clear words, that get through to those affected by an acute mental health crisis, help to de-escalate and enable effective support. They are the first milestone on the way to problem insight and treatment.

Target group: co-workers, leaders and safety managers

Goal: Awareness and Skill -Training for Mental Health Support

Format: 2x3 h Online

Contents:

Module 1: Mindful Situation Assessment

- Acknowledging Psychic Distress
- Early warning signs and strategies for targeted support

Module 2: Goal-oriented intervention

- Communication Basics 1: Address anomalies without escalating
- Communication Basics 2: Finding helpful formulations

Module 3: Gaining confidence in one's own actions

- Application of Communication Basics in Exercise Examples

Methods: Lecture, discussion, work on case studies, interactive exercises, self-awareness

Coach: Dipl. Psych.(Master) Astrid Wilhelm, Trained Clinical Psychotherapist, Trainer and Coach.