

# BRAIN MEDIC™

PRE-PACKAGED & TAILOR  
MADE CONTENT

Brain Medic teaches how to recognise the common signs and symptoms of mental illness and how to offer and provide initial help, and how to guide a person toward appropriate professional help until the crises resolves. Brain Medic does not teach people to provide therapy or a diagnoses. Brain Medic is a workshop that teaches the basic tenants of bringing core support to areas of need specific to your organisation.



EVENT *Types*



# Brain Medic<sup>TM</sup>



## EVENT TYPE BREAKDOWN

### MODULE OPTIONS

\*ALL OF OUR MODULES BEGIN WITH AN INTRO TO MENTAL HEALTH CORE SUPPORTS AND INCLUDE: WHAT, WHEN AND HOW TO REFER TO PROFESSIONAL SERVICES

#### MODULE 1

- STRESS
- ANXIETY
- DEPRESSION

#### MODULE 2 YOUTH FOCUS

- DEPRESSION
- SUICIDALITY
- SELF HARM

#### MODULE 3

- ANXIETY
- PANIC
- TRAUMA

#### MODULE 4

##### CHOOSE 3 FROM THE FOLLOWING TOPICS:

- STRESS
- ANXIETY
- DEPRESSION
- SUICIDALITY
- SELF HARM
- PANIC
- TRAUMA
- ADDICTION
- PARENTING STRATEGIES FOR TEENS/CHILDREN WITH MH CONCERNS
- MH IN THE WORKPLACE
- HOW TO SUPPORT THOSE IN THE LGBTIQ+ COMMUNITY