

FREE IN-HOUSE 1 DAY SMOKING CESSATION TRAINING FOR COMMUNITY MENTAL HEALTH

MHCC is pleased to be offering free 1-day training in Smoking Cessation for services in Community Mental Health, thanks to funding from the Cancer Council NSW. Training is available to any community mental health service, anywhere in NSW.

We will come to you free of charge!

The 1-day course will cover the essential skills and knowledge required by workers to support consumers in addressing smoking within the community mental health context. The training is suitable for any worker in community mental health and can serve as a good refresher course for people who have prior training.

The core topics of the course include:

- The smoking culture in mental health and its associated issues
- Trends in tobacco use
- The impact of smoking and benefits of quitting
- Intervention skills and knowledge – nicotine dependence, assessment and support options, brief intervention and motivational skills
- Overcoming barriers to quitting and staying smoke-free.
- Organisational and policy changes

MHCC can deliver this 1-day training at your site or service anywhere in NSW.

All you need to do is:

- **Book a date.** Contact Carla Cowles at MHCC on 0404 899 231 or email carla@mhcc.org.au
- **Organise the training venue.** MHCC can provide some financial assistance if there is an extra cost incurred.
- **Register a minimum of 12 participants and maximum of 15 to take part in the training.** If you have trouble organising the numbers, you may want to consider pooling resources and approaching other services.

All participants will receive a Certificate of Attendance.

Training is available between September 2011 and June 2012. Book now to secure a training day for your organisation!

For more information or assistance please contact Carla Cowles:

carla@mhcc.org.au or M: 0404 899 231

You can also visit the MHCC website or Cancer Council NSW website.

