

Local communities across Australia have been significantly impacted by the 2020 bushfires and COVID-19. Many people are experiencing personal challenges as a result of these difficult times.

To help communities further support each other through these challenges, Surf Coast Shire Council are inviting expressions of interest from eligible community members to complete Lifeline's Accidental Counsellor Course.

The Lifeline Accidental Counsellor course equips participants with the essential skills and structure to:

- Recognise when a person is in crisis
- Respond in an appropriate and compassionate manner, and
- Refer the person to a suitable service

Accidental Counsellor aims to provide participants with the skills to support another in a moment of need, and the self-care tools to ensure their own wellbeing is in focus. While completion of the course does not make participants qualified counsellors, it builds confidence in how to provide appropriate support in these moments. It is similar to Mental Health First Aid, but shorter in duration, and is great for people in a community setting who, perhaps due to Covid-19, have an increased or unexpected need for more skills in assisting people who are in crisis.

There are several course options to pick from, some are face to face and there is also an online option. Please see the next page for the different options.

On completion of the training course participants will be provided with referral and toolkit resources.

To ensure the provision of this training effectively reaches and benefits Surf Coast Shire communities, participants who can demonstrate a defined connection to a community or community group (i.e. volunteer, coach, community action group member, teacher etc.) will be given priority.

To express your interest in completing this course, or future iterations, please complete the form below and submit via email to Breanna Dixon: [bdixon@surfcoast.vic.gov.au](mailto:bdixon@surfcoast.vic.gov.au)

*Surf Coast Shire Council is able to provide The Accidental Counsellor for free to residents through support by the Victorian Government.*



## Accidental Counsellor Expression of Interest

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Full Name:

Date of Birth:

Email Address:

Contact Number:

Mailing Address:

What is your connection to the Community (100 words or less):

Training date of preference (Please tick):

**13<sup>th</sup> March, Winchelsea, face to face training. 9am-4:30pm**

**19<sup>th</sup>-20<sup>th</sup> April, Online training. 9am-12pm both days -**

**1<sup>st</sup> May, Torquay, face to face training. 9am-4:30pm -**

Places are limited and participants will be notified if the expression of interest is successful. If we have more applications than places we will start a waiting list and explore further opportunities to run future courses.

For more information please contact Breanna Dixon on:

Mobile: 0430 295 145

Email: [bdixon@surfcoast.vic.gov.au](mailto:bdixon@surfcoast.vic.gov.au)