

## QUALIFIED, INSURED & ACCREDITED

AAT is committed to strengthening the wellbeing of the Tasmanian community; through transferring knowledge skills and confidence to confront life challenges, mental illness & suicide.

## AAT TRAINING VENUE A VENUE LIKE NO OTHER

A difficult topic made easier when delivered in the AAT environment.

Explore the tranquil setting; amazing views, set on over 1 acre where your comfort is prioritised.

In person and online options  
available for training or  
individualised support



LOCATED 20 MINUTES  
FROM HOBART CBD

## CONTACT US

✉ [aaтранquil@gmail.com](mailto:aaтранquil@gmail.com)

📘 AAT All About Tranquil  
Health & Wellbeing

📷 @aaтранquil

☎ 0415 055 097



Mental Health First Aid  
& suicide prevention training

Individualised support  
Social Work services

[www.aatranquil.com.au](http://www.aatranquil.com.au)





## SUICIDE PREVENTION TRAINING

Conversations about suicide is a 4 hour training course focused on increasing knowledge, skills & confidence to support someone with suicidal thoughts or behaviours.

Applied Suicide Intervention Skills Training (ASIST) is a 2 day course focused on increasing the ability to be ready, willing and able to help someone experiencing by suicidal thoughts or behaviours.

## CUSTOM WORKSHOPS

AAT can deliver tailored workshops based on your needs. Examples include:

- Self care
- Resilience
- Supervision
- Team building
- Difficult conversations
- Emotional intelligence

# MENTAL HEALTH FIRST AID IS FOR ANYONE AND EVERYONE

MHFA is evidence based, has over 1 million Australians trained and covers topic of:

- ✓ Anxiety
- ✓ Depression
- ✓ Psychosis
- ✓ Substance use
- ✓ Trauma
- ✓ Suicide
- ✓ Aggressive behaviors
- ✓ Panic attacks
- ✓ Self care

## 1 IN 5 PEOPLE WILL BE IMPACTED BY MENTAL ILLNESS IN ANY YEAR

Have you received evidence-based training?

Do you need support with life challenges?

Do you know what supports are available for a colleague, family member, friend or client impacted by mental health?

Did you know employers have increasing responsibility to support employees wellbeing?

Does your workplace have a preventative approach to manage psychosocial risk?

What if someone told you they were thinking of suicide, would you feel confident to give appropriate support?

Do you value physical first aid and mental health first aid equally?

Do you want a specialist to help?



## SOCIAL WORK SERVICES

Individualised support based on your needs.

Using evidence-based strategies alongside an authentic, ethical & therapeutic relationship.

Contact AAT so we can discuss your needs and to confirm our Social Work services are right for you. We have a strong professional network to refer on if appropriate.

## EXPERIENCE

Clinical & non clinical support

Youth, adults & older persons

Severe mental illness

Life challenges & stress management

Life direction & goal planning

Psychosocial intervention

