

Insights into Mental Health and Exercise

By Remind - Mental Health Training & Education

Insights into Mental Health and Exercise is targeted towards Fitness Professionals (encompassing Gym Instructors, Group Exercise Instructors and Personal Trainers) who want to gain a better understanding about mental illness.

Insights into Mental Health and Exercise explores:

- Symptoms and behaviours of anxiety and mood disorders, depression, personality disorders and schizophrenia
- Positive and negative symptoms and behaviours of psychosis
- Stigma of mental illness
- Stages of behaviour change
- Skills and barriers of effective communication
- Managing cardiac risk factors
- Psychiatric medications
- Peri-natal depression

Upon successful completion, course participants will:

- Have tips for responding to anxiety, changes in mood and psychosis
- Better understand how hallucinations effect a person with mental illness
- Know ways you can reduce stigma
- Understand the different stages involved in changing a behaviour in order to assist a person in moving along to the next stage
- Be able use the 4 skills of effective communication
- Know the risk factors that contribute to coronary artery disease and how to manage the risk with behaviour and lifestyle changes
- Have a better understanding of the side effects caused by psychiatric medications and tips for working with clients who are medicated
- Know the benefits of group exercise for mums and bubs
- Be able to refer a post natal client to the appropriate service for further help in dealing with depression

About Remind Mental Health Training & Education

The Schizophrenia Fellowship of New South Wales (SFNSW) has been delivering training and education for over 25 years and this service is provided by the training unit "Remind – Mental Health Education and Training". Remind specialises in providing innovative training that is customised to the participants and the needs of their organisations. Remind has developed and implemented customised training programs for fifteen (15) NSW Commonwealth Respite Carelink Centres, the New South Wales (NSW) Police Force, Centrelink, Local Councils, State Library of NSW, Sydney Water, Superannuation funds and for many local government, corporate, non-government organisations. All Remind facilitators are qualified and experienced clinicians and all have vocational experience in the community and government sectors. All training is delivered in partnership with consumers and carers that participate in our training as Mental Health Educators – people that can share from their own personal experience with mental illness. This is a powerful combination for learning about mental illness, combining the clinical, with the practical "real life"

experience. Remind has spent many years developing quality support materials and has recently branched out with the development of On Line Learning modules with input from our clinicians, educators and instructional designers. We welcome and encourage feedback from all of our course participants for Quality Improvement (QI) purposes.

