



1300 259 724

The Sunlight Centre Training & Workshops

Expert-led mental health training
that strengthens workplaces and
supports the community

Clinical Expertise. Practical Impact. Community Purpose.

The Sunlight Centre delivers evidence-informed mental health training
led by practising & experienced mental health clinicians.

Our Expertise

- Psychology, Counselling & Social Work
- Frontline clinical crisis experience
- Suicide prevention & early intervention
- Youth & workplace mental health
- Trauma-informed and resilience-based practice

Supporting Organisations Across the Following Sectors

- Corporate & Workplace
- Schools, Education, Youth
- Professional Development for Practitioners
- Community

Core Mental Health Awareness Training

The Sunlight Centre Mental Health Awareness training

The flagship of Sunlight's training catalogue, our Core Workshop is engaging and interactive, and guides all participants with psychoeducation through the latest & relevant (to your sector) statistics of Mental Health in Australia. The Workshop guides participants through Sunlight's own Insight Therapy model which provides practical tools to raise self-awareness while also teaching skills to recognise signs & symptoms in others who may be in mental health distress.

Sunlight's Universal Modules

- No matter what sector you are in, you can add some of our Universal modules such as:
- Active Listening Skills
- Dealing with a Mental Health Crisis Situation in the workplace
- Trauma-informed practice for your sector.

Sunlight's Sector Specific Modules

- Your organisation is unique, so should your mental health training.
- You can add on one or more of Sunlight's Sector specific modules, or consult with us to create bespoke modules.
- See Page 2 or contact us to learn more.

Supporting Psychosocial WHS Responsibilities

Sunlight's training supports organisations in identifying and managing psychosocial hazards in line with WHS legislation and Safe Work Australia guidance.

Our programs strengthen leadership capability, improve psychological safety, and contribute to proactive risk management within teams.

Why Partnering With Sunlight Matters

When organisations choose Sunlight, they are not only investing in stronger teams - they are directly supporting free crisis counselling services for individuals experiencing suicidal distress and self-harm.

Training revenue helps sustain accessible mental health support for the wider community through Sunlight's free counselling Services for Under 18s and Adults.

Supporting the mental health across these sectors

Corporate & Workplace

- WHS Psychosocial compliance training
- Resilient Team (from Vols to the Board)
- Conflict & Communication
- Trauma-Informed practice

Community Programs

- Suicide Awareness & Prevention
- Community specific Programs
- Small Business MH support
- Parent support workshops

Schools & Education

- TALKs - Youth Peer Support Program
- Family Focused 'Conflict to Connect'
- Youth Resilience & Emotional Regulation
- Staff & Leadership mental health training

Professional Development

- Clinical Skills Development Workshops
- Advanced Suicide & NSSI Risk Assessment
- Anxiety: assessment & treatment
- Group supervision Sessions

Skills & Tools Participants Leave With

- ~ Increased self-awareness & emotional intelligence ~
- ~ Practical tools & confidence in supporting people in mental health crises ~
- ~ Real World skills to support themselves ~ Understanding of mental health in Australia today ~
- ~ Cert of completion ~ Course handouts ~ SLC Insight Model & S.U.N. Action Plan Pocket Guide ~

Organisational Impact You Will See

- ~ Stronger psychological safety in the workplace ~ Clearer early intervention pathways ~
- ~ Shared mental health language across the organisation ~ Support for psychosocial WHS duties ~
- ~ Reduced conflict escalation ~ A workforce that feels more confident around mental health ~

Flexible Delivery Options

- Half-Day Workshops
 - For Base Workshop
- Full-Day Workshops
 - Extension of Base workshop & additional Modules
- Multi-Day Modular Programs
 - Can be run after initial Base training complete
- Location
 - At Your Organisation or at The Sunlight Centre
- Licenced MHFA & YMHA Trainer
 - MHFA face to face
 - YMHA Blended Online option

Strengthen your people. Reduce risk. Build a mentally healthier organisation.

Contact Sunlight to design a tailored training solution aligned to your sector, workforce and current challenges.

Enquiries & Bookings

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