



## Basic Psychosocial Skills: Training for COVID-19 Responders

The Basic Psychosocial Skills online Training is a **FREE** program for those affected by the pandemic designed to build resilience and mental health wellbeing for first responders and frontline health staff.

### The **FREE** online course:

1. Focuses on personal well-being
2. Explores supportive communication in everyday interactions
3. Provides a practical framework to enable first responders to support others to problem-solve and make healthy decisions
4. Examines how to recognise emotional patterns and provide support to individuals
5. Provides a certificate on completion

View a detailed video on how to sign up: <https://youtu.be/-Cguw2SCHOQ>

Enrol for this **FREE** online course: <http://open.uts.edu.au/COVID-19-responders-en.aspx>

Read instructions on how to sign up: <https://bit.ly/3bEJGkx>

Read more about the basic psychosocial skills course: <https://bit.ly/3sgZpf7>

**You will need an email account to register and log in for the online course.**

For more information and full Power Point <https://bit.ly/3cZCGy2> with facilitation notes, please contact [michele.rumsey@uts.edu.au](mailto:michele.rumsey@uts.edu.au)

### FAQs

#### Which Browser is better to use for this course?

It is recommended to use **Google Chrome** for this online course.

#### How many resources are provided in the Basic Psychosocial Skills training program?

The program provides 3 resources. [Guidance report](#), short [online course](#) and [presentation](#) with facilitation notes.

#### How many languages is the guidance offered in?

While the online course is only in English, the guidance report is provided in 28 languages.

#### Is the online course time-bound?

No. The online course is self-paced and takes an average of 3 hours to complete with a short quiz and a certificate awarded.