

# Mental Health First Aid for Legal Professionals Course: Blended Online

Monday 23 and Tuesday 24 February 11am-1.30pm | Online



## Program

eLearning  
completed

By Wednesday 18 February

Online  
Session

Monday 23 February

10.45am

Log on

11am

Session commences

In this Mental Health First Aid (MHFA) course you will build the skills and knowledge to recognise and assist a co-worker, a client or other adults who are developing a mental health problem, experiencing a worsening of an existing mental health problem or in a mental health crisis, until appropriate professional help is received, or the crisis resolves. The course is based on guidelines developed through the expert consensus of people with lived experience of mental health problems and professionals.

Presenter: **Stephanie Cowie**, Manager, Legal Practice Education, Queensland Law Society



1.30pm

Session concludes

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## Presenter



### **Stephanie Cowie**

Manager, Legal Practice Education, Queensland Law Society

Stephanie has over ten years' experience working as a lawyer in-house and in private practice in Australia and the UK. She has also worked in education for five years following the completion of a Master of Education (Work and Learning Studies) and a Graduate Diploma of Secondary Teaching.

Stephanie has specifically worked with learners to manage well-being and mental health, and to build cultures of inclusion. She has experience researching, designing curricula, and teaching and engaging with a range of audiences via blended/hybrid learning formats.

Stephanie is an Accredited Mental Health First Aid Instructor and is passionate about wellbeing, developing lawyers, legal education and promoting positive workplace cultures.

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