



Learning to Support our Community

Professional Development
Opportunities



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PROFESSIONAL DEVELOPMENT OPPORTUNITIES

Overview

The Central and Eastern Sydney [Joint Regional Mental Health and Suicide Prevention Plan](#) (the Regional Plan) was developed jointly by: Central and Eastern Sydney Primary Health Network, Sydney Local Health District, South Eastern Sydney Local Health District, St Vincent's Health Network, and Sydney Children's Hospital Network, as well as the peak bodies for people with lived experience (Being NSW), for carers (Mental Health Carers NSW), and community managed organisations (the Mental Health Coordinating Council).

Various actions within the Regional Plan focus on improving access to relevant continuing professional development for the mental health, suicide prevention, and broader health and community workforces. In particular, a focus of Initiative 11 (Workforce) is: *to build a sustainable workforce that is skilled, well-distributed and supported to deliver mental health treatment, care and support that meets the current and future population needs*. Included in this initiative is the action to review and update the Mental Health and Suicide Prevention Training and Professional Development resource.

About This Resource

This resource has been developed through implementation of the Regional Plan. The aim of this resource is to improve access to information about relevant continuing professional development for the mental health, suicide prevention, and broader health and community workforces.

This resource is a summary of resources, guidelines, professional development opportunities, and training and education programs related to mental health and suicide prevention. The list is categorised by the priority population groups and the initiatives of focus identified in the Regional Plan. These priority population groups and areas of focus include:

- Aboriginal and Torres Strait Islander peoples
- Carers, family, kin, and supporters
- Children and young people
- First responders
- Older Adults
- Parents experiencing perinatal mental health issues
- People experiencing mental illness
- People from multicultural backgrounds
- People in contact with (or at risk of contact with) the criminal justice system
- People with co-occurring alcohol and other drug (AOD) issues
- People with co-occurring disabilities
- People with co-occurring physical health issues
- People with eating disorders or disordered eating
- People who are homeless
- People who are lesbian, gay, bisexual, trans and gender diverse, intersex, queer, asexual, Sister Girls, Brother Boys and other sexuality and gender diverse peoples (LGBTIQA+SB)
- Refugee and asylum seekers
- Suicide Prevention
- Veterans

Additional information on pathways to support career growth have also been included:

- Pathways Aboriginal Mental Health Worker
- Pathways for Peer Workers
- Recovery and practice skills

Users of this resource acknowledge the following:

- i. This resource is a collection of information about training and continuing professional development opportunities but is not an endorsement or recommendation of quality and appropriateness.
- ii. This resource is updated on a quarterly basis, and users should revisit <https://www.cesphn.org.au/regionalplan> to check for the most recent version.
- iii. The Central and Eastern Sydney Mental Health and Suicide Prevention Steering Committee has taken all reasonable efforts to include up-to-date information in this resource- however the Steering Committee cannot guarantee that the content in this resource is complete or up-to date. If you notice any incorrect or outdated information, please send feedback to: regionalplan@cesphn.com.au
- iv. The information included in this resource was gathered through extensive online research and sector consultation. If your organisation facilitates or delivers training that is of relevance to the mental health and suicide prevention sectors and you would like to include information about this training, please email: regionalplan@cesphn.com.au and the information will be included in the next quarterly update cycle.

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Aboriginal and Torres Strait Islander People

Organisation	Aboriginal Health and Medical Research Council of NSW (AH&MRC)
Training/ Resource	Aboriginal health focused short courses and accredited courses
Link	https://www.ahmrc.org.au/education-and-training/
Mode	In-person
Cost	Fee-paying
Organisation	Australian Indigenous Health InfoNet
Training/ Resource	Health InfoNet's translational research aims at providing the knowledge and other information needed for practitioners and policymakers to make informed decisions in their work in the area of Aboriginal and Torres Strait Islander health.
Link	https://healthinfonet.ecu.edu.au/
Mode	Online
Cost	Free and Fee-paying
Organisation	Big River Connections
Training/ Resource	Various cultural competency workshops.
Link	https://bigriverconnections.com.au/workshop/
Mode	In-person
Cost	Fee-paying
Organisation	Centre for Cultural Competence Australia
Training/ Resource	Cultural competence training for individuals and workplaces
Link	https://ccca.com.au/content/ccca-courses
Mode	Online and In-Person
Cost	Fee-paying

Organisation	Lowitja Learning
Training/ Resource	A space for Aboriginal and Torres Strait Islander people and non-Indigenous Australians to learn, connect, collaborate and grow. Offer a range of products and services that build on their research outcomes. These include online courses, webinars, workshops, tools, and resources.
Link	https://www.lowitja.org.au/lowitja-learning/
Mode	Online and In-Person
Cost	Fee-paying
Organisation	Mental Health Coordinating Council
Training/ Resource	Working Collaboratively with Aboriginal and Torres Strait Islander People: A Guide to Culturally Safe Practice Mental health support services are best delivered by people from the same cultural background as those they support. In the absence of these ideal conditions, this guide supports workers from non-Aboriginal backgrounds to foster a culturally safe environment for Aboriginal and Torres Strait Islander people accessing their service. It aims to equip workers with the confidence to engage sensitively with Aboriginal people, by suggesting key areas of awareness to guide practice.
Link	https://mhcc.org.au/wp-content/uploads/2022/05/A-Guide-to-Culturally-Safe-Practice-in-Mental-Health_FINAL.pdf
Mode	Online
Cost	Free
Organisation	Mental Health First Aid Australia
Training/ Resource	Aboriginal and Torres Strait Islander Mental Health First Aid
Link	https://www.mhfa.com.au/our-courses/adults-supporting-adults/aboriginal-and-torres-strait-islander-mental-health-first-aid/
Mode	Online and In-Person
Cost	Free and Fee-paying
Organisation	The Network of Alcohol and other Drugs Agencies (NADA)
Training/ Resource	Alcohol and other drugs treatment guidelines for working with Aboriginal and Torres Strait Islander people – in a non-Aboriginal setting
Link	https://www.nada.org.au/resources/alcohol-and-other-drugs-treatment-guidelines-for-working-with-aboriginal-and-torres-strait-islander-people-in-a-non-aboriginal-setting/
Mode	Online
Cost	Free

Organisation	The Royal Australian and New Zealand College of Psychiatrists (RANZCP)
Training/ Resource	This page brings together resources to support the work of health professionals in improving knowledge and understanding of Aboriginal and Torres Strait Islander mental health issues.
Link	https://www.ranzcp.org/clinical-guidelines-publications/in-focus-topics/aboriginal-and-torres-strait-islander-mental-health
Mode	Online
Cost	Free
Organisation	We Al-li
Training/ Resource	We Al-li is a trauma informed, trauma specific educational and practice based approach that promotes health, well-being, and sustainable pathways of positive change for individuals, families and communities at both a personal and professional level.
Link	https://www.wealli.com.au/
Mode	Online and In-Person
Cost	Fee-paying
Organisation	Well Mob
Training/ Resource	A trusted hub for culturally grounded tools that support the social, emotional and mental wellbeing of Aboriginal and Torres Strait Islander peoples. The Best Practice resources support health and wellbeing workers to be effective in their work with Aboriginal and Torres Strait Islander peoples. The Training Resources for the health and wellbeing workforce can enhance the skills and understanding of those who work with Aboriginal and Torres Strait Islander peoples.
Link	https://wellmob.org.au/e-health-topics/training-resources/
Mode	Online
Cost	Free

Carers, family, kin and supporters

Organisation	Mental Health Carers NSW (MHCN)
Training/ Resource	MHCN runs a range of free training and educational sessions for mental health carers, families and friends in NSW. Our training courses are designed to inform, empower, and support carers and the people that they care for. However, others such as people living with mental health conditions, mental health organisations and professionals, students and other interested individuals are welcome to attend and will still benefit from the training.
Link	https://www.mentalhealthcarersnsw.org/learn/training-and-education/
Mode	Online
Cost	Free

Organisation	Carer Gateway
Training/ Resource	Caring for someone with mental illness – a resource.
Link	https://www.carergateway.gov.au/your-life-carer/your-life-around-caring/who-caring/caring-mental-illness
Mode	Online
Cost	Free

Children and young people

Organisation	Association of Children's Welfare Agencies
Training/ Resource	The Association of Children's Welfare Agencies (ACWA) is the NSW nongovernment peak body representing the voice of community organisations working with vulnerable children, young people and their families.
Link	http://www.acwa.asn.au/
Mode	Online and In-Person
Cost	Free and Fee-paying

Organisation	Emerging Minds
Training/ Resource	Emerging Minds Learning is the home of free online training courses to support children's mental health and wellbeing. Our innovative courses are designed to support professionals in health, community and social services to grow their skills and confidence in working with children (aged 0-12), parents and families.
Link	https://emergingminds.com.au/training/
Mode	Online and In-Person
Cost	Free and Fee-paying

Organisation	headspace National
Training/ Resource	Free accredited online training and resources for GPs, allied health professionals, clinicians, teachers, and other stakeholders.
Link	https://headspace.org.au/health-professionals/headspace-for-health-professionals/
Mode	Online and In-Person
Cost	Free and fee-paying
Organisation	LEAD Professional Development Association Incorporated
Training/ Resource	LEAD offer high-quality, cost-effective, dynamic and experiential professional development opportunities for people working with children, youth, families and communities.
Link	https://leadpda.org.au/professional-development/
Mode	Online and In-Person
Cost	Fee-paying
Organisation	Orygen
Training/ Resource	Training packages with a focus on evidence-based clinical care for young people.
Link	https://www.orygen.org.au/Training
Mode	Online and In-Person
Cost	Free and fee-paying
Organisation	Project Air Adolescent Intervention
Training/ Resource	Online modules for adolescent mental health clinicians and school counselling service staff addressing: - Working with complexity in young people - Engaging the young person, assessment and risk management - Principles of psychotherapy and relation thinking
Link	https://www.uow.edu.au/project-air/adults/e-learning/
Mode	Online
Cost	Free
Organisation	Right By You - Neami National
Training/ Resource	Right By You – Our focus is on supporting and guiding young people on how to help their friends. We offer practical resources and key information about what to do when a friend may be expressing thoughts of suicide.
Link	https://rightbyyou.org.au/
Mode	Online
Cost	Free

First responders

Organisation	Black Dog Institute
Training/ Resource	Free evidence-based workshop for GPs and Allied Health Professionals in diagnosing and treating PTSD in Emergency Services workers.
Link	https://www.blackdoginstitute.org.au/education-services/health-professionals/training/emergency-service-workers/
Mode	Online
Cost	Free
Organisation	Allens Training
Training/ Resource	The Course in Mental Health Support for First Responders is designed to equip first responders with the knowledge and skills to manage and support mental health, both for themselves and their colleagues.
Link	https://allenstraining.com.au/courses/wellbeing-child-protection-courses/11244-nat
Mode	In-person
Cost	Fee-paying

General

Organisation	The Australian Primary Health Care Nurses Association (APNA)
Training/ Resource	CPD training and other events for Primary Health Care Nurses, including the topic of mental health.
Link	https://www.apna.asn.au/education
Mode	Online and In-Person
Cost	Fee-paying
Organisation	Blue Knot Foundation
Training/ Resource	Trauma Informed Care training for organisations and individuals
Link	https://www.blueknot.org.au/Training-Services
Mode	In Person
Cost	Fee-paying

Organisation	Centre for Community Welfare Training (CCWT)
Training/ Resource	The Centre for Community Welfare Training (CCWT) provides cost effective and accessible training opportunities for people working across the community welfare sector in NSW, in particular those working with vulnerable children, young people and families.
Link	https://www.acwa.asn.au/ccwt/
Mode	Online and In-Person
Cost	Fee-paying
Organisation	Central and Eastern Sydney Primary Health Network (CESPHN)
Training/ Resource	Locally facilitated training based around regionally relevant professional development training.
Link	https://www.cesphn.org.au/allied-health/education/about-the-cpd-program
Mode	Online and In-Person
Cost	Free and Fee-paying
Organisation	Healthed
Training/ Resource	An online Australian platform for seminars and learning resources for health professionals.
Link	https://www.healthed.com.au/clinical-area-tax/mental-health/
Mode	Online
Cost	Free and Fee-paying
Organisation	Mental Health Academy
Training/ Resource	Online CPD portal
Link	https://www.mentalhealthacademy.com.au/
Mode	Online
Cost	Fee-paying
Organisation	Mental Health Coordinating Council (MHCC)
Training/ Resource	MHCC offer a pathway to mental health learning and skills for the community-based mental health workforce. The Learning and Development Unit provides innovative, best practice training that is engaging and transformational in nature to meet the needs of and develop the community managed mental health sector across New South Wales.
Link	http://www.mhcc.org.au/learning-development/
Mode	Online and In-Person
Cost	Fee-paying

Organisation	Mental Health First Aid (Various Providers)
Training/ Resource	Physical first aid is accepted and widespread in our community, however, most do not cover mental health problems. Mental Health First Aid (MHFA) teaches people the skills to help someone who they're concerned about.
Link	https://mhfa.com.au/
Mode	Online and In-Person
Cost	Fee-paying
Organisation	Mental Health Professionals Network
Training/ Resource	Provide programs to the mental health workforce that support multidisciplinary practice and collaborative care.
Link	https://mhpn.org.au/
Mode	Online
Cost	Free
Organisation	"MHPN Presents" and "Mental Health in Focus" delivered by Mental Health Professionals Network
Training/ Resource	Podcasts that feature local and international mental health experts in conversation on a variety of topics related to mental wellbeing, multidisciplinary practice, and collaborative care.
Link	https://mhpn.org.au/podcasts/
Mode	Podcast
Cost	Free
Organisation	Mental Health Professional Online Development Program (MHPD)
Training/ Resource	Learning portal that is geared towards many types of mental health professionals. Topics include: ▪ Assessments & Interventions ▪ Consumers, Carers and Family ▪ Diversity ▪ Policy, systems & legislation ▪ Therapeutic theory & practice
Link	https://www.mhpod.gov.au/learning-portal/
Mode	Online
Cost	Free and Fee-paying

Organisation	Men's Health Connected
Training/ Resource	Delivered by Australian Men's Health Forum, these are a series of online talks focusing on key health topics for men's health and mental health.
Link	https://menshealthconnected.menshealthconnected.com/
Mode	Online
Cost	Free
Organisation	Recovery and Wellbeing College
Training/ Resource	Courses are co-written and co-facilitated by Recovery and Wellbeing Educators. At least one educator is a person with a lived experience of mental health and or drug and alcohol concerns and the other a health care clinician.
Link	https://www.seslhd.health.nsw.gov.au/recovery-wellbeing-college
Mode	Online and In-Person
Cost	Free and Fee-paying
Organisation	St Vincent's Health Network (SVHN)
Training/ Resource	Locally facilitated training based around regionally relevant professional development training.
Link	https://www.svhs.org.au/employment/professional-development
Mode	Online and In-Person
Cost	Free and Fee-paying
Organisation	Sydney Children's Hospital Network (SCHN)
Training/ Resource	Locally facilitated training based around regionally relevant professional development training.
Link	https://www.svhs.org.au/research-education/courses-workshops-and-conferences
Mode	Online and In-Person
Cost	Free and Fee-paying

Organisation	Sydney Local Health District (SLHD)
Training/ Resource	Locally facilitated training based around regionally relevant professional development training.
Link	https://www.slhd.nsw.gov.au/cewd/
Mode	Online and In-Person
Cost	Free and Fee-paying
Organisation	TAFE NSW
Training/ Resource	Community Services Qualifications and Professional Development
Link	https://www.tafensw.edu.au/course-areas/community-and-youth-services
Mode	Online and In-Person
Cost	Fee-paying
Organisation	THIS WAY UP
Training/ Resource	Evidence-based resources for professionals and clients. At THIS WAY UP, we hope to make effective mental health resources accessible to the general public. So, we've made it free for health professionals to access our platform.
Link	https://thiswayup.org.au/clinician-hub/resources/
Mode	Online
Cost	Free

Older Adults

Organisation	Anglicare
Training/ Resource	Various Older Persons mental health webinars and masterclasses, including Suicide Prevention for Older People.
Link	https://www.anglicare.org.au/ - search for 'training' with the search function
Mode	Online and In-Person
Cost	Free and Fee-paying

Organisation	HETI Higher Education
Training/ Resource	Older Persons Mental Health Courses – various
Link	https://heti.edu.au/our-courses/applied-mental-health-studies/older-persons-mental-health
Mode	Online and In-Person
Cost	Fee-paying
Organisation	Mental Health First Aid Australia
Training/ Resource	Older Person Mental Health First Aid
Link	https://mhfa.com.au/courses/public/types/olderperson
Mode	Online and In-Person
Cost	Fee-paying

Parents experiencing perinatal mental health issues

Organisation	Centre of Perinatal Excellence (COPE)
Training/ Resource	Centre of Perinatal Excellence (COPE) is a not-for-profit organisation devoted to reducing the impacts of emotional and mental health problems in the pre and postnatal periods. They offer access to guidelines, online training and general information.
Link	https://www.cope.org.au/health-professionals/
Mode	Online
Cost	Free and Fee-paying
Organisation	Jean Hailes
Training/ Resource	Online courses (CPD), webinars and resources for health professionals supporting women's health, including perinatal mental health.
Link	https://www.jeanhailes.org.au/health-professionals
Mode	Online
Cost	Free (for a period of time with registration)
Organisation	PANDA - Perinatal Anxiety and Depression
Training/ Resource	PANDA supports women and their families who are suffering from perinatal anxiety or depression. There is education, information and resources for health care providers.
Link	https://www.panda.org.au/health-professionals
Mode	Online and In-Person
Cost	Free and Fee-paying

Pathways for Aboriginal Mental Health Workers

Organisation	Djirruwang Program, Charles Sturt University
Training/ Resource	Bachelor of Health Science (Mental Health)
Link	https://study.csu.edu.au/courses/bachelor-health-science-mental-health
Mode	Online and In-Person
Cost	Fee-paying (funding opportunities may be available)
Organisation	NSW Health
Training/ Resource	Aboriginal Mental Health Workforce Training Program
Link	https://www.health.nsw.gov.au/mentalhealth/professionals/Pages/workforce-initiatives.aspx#amhwp
Mode	Online and In-Person
Cost	Free

Pathways for Peer Workers

Organisation	Batyr
Training/ Resource	Being Herd is a free workshop for young people aged 18-30 that helps you shape difficult experiences into an empowering story.
Link	https://www.batyr.com.au/being-herd
Mode	Online and In-Person
Cost	Free
Organisation	Centre of Excellence in Peer Support
Training/ Resource	The Centre of Excellence in Peer Support (CEPS) provides a centralised specialist clearinghouse and online resource centre for mental health peer support.
Link	https://www.peersupportvic.org/
Mode	Online
Cost	Free

Organisation	Lived Experience Australia
Training/ Resource	A range of resources including training, publications, research, tip sheets and advocacy submissions.
Link	https://www.livedexperienceaustralia.com.au/resources
Mode	Online
Cost	Free
Organisation	Mental Health Commission of NSW
Training/ Resource	<i>Peer Work Hub</i> Information and resources to assist in growing the lived experience workforce.
Link	https://www.nswmentalhealthcommission.com.au/content/peer-work-hub
Mode	Online
Cost	Free
Organisation	Mental Health Coordinating Council (MHCC)
Training/ Resource	Certificate IV Mental Health Peer Work
Link	https://mhcc.org.au/course/certificate-iv-in-mental-health-peer-work/
Mode	In-person
Cost	Fee-paying (funding opportunities may be available)
Organisation	Mental Health Coordinating Council (MHCC)
Training/ Resource	Management of Workers with Lived Experience Course This two-day course is for managers, team leaders and HR professionals who support a peer workforce and wish to build their skills to create a supportive and safe workplace.
Link	http://www.mhcc.org.au/course/management-of-workers-with-lived-experience/
Mode	In-person
Cost	Fee-paying
Organisation	Mental Health Coordinating Council (MHCC)
Training/ Resource	Safe Storytelling workshop The Safe Storytelling workshop provides skills to workers who use their lived experience in their service provision.
Link	http://www.mhcc.org.au/course/safe-storytelling
Mode	Online
Cost	Fee-paying

Organisation	Mental Health Professional Online Development Program
Training/ Resource	MHPOD MicroLearning Pilot is aimed at people involved in developing and integrating the peer workforce within their organisation. Each of the MicroLearning resource contains a range of short videos from managers, peer workers, lived experience and researchers designed to answer the questions you have.
Link	https://www.mhpod.gov.au/microlearning/
Mode	Online
Cost	Free
Organisation	Mind Australia
Training/ Resource	Mind's Peer Work Program is a specialised learning program that teaches participants the skills, knowledge, and approach to using lived and living experience within the discipline of peer work.
Link	https://www.mindaustralia.org.au/peer-work-mind#peer-work-program
Mode	Online and In-Person
Cost	Fee-paying (funding opportunities may be available)

People experiencing mental illness

Anxiety and Depression Disorders

Organisation	Black Dog Institute
Training/ Resource	Black Dog Institute Health Professional education is for GPs, psychologists, counsellors, social workers and mental health care workers looking to expand their knowledge and skills in the area of mental health. The accredited programs draw on the most current research and clinical evidence and have interactive, case-based workshops are led by expert clinician facilitators who inform theory with practical, real world examples.
Link	https://www.blackdoginstitute.org.au/education-services/
Mode	Online and In-Person
Cost	Free and Fee-paying

Hoarding

Organisation	Catholic Healthcare
Training/ Resource	Online resources regarding hoarding and squalor
Link	https://www.catholichealthcare.com.au/hoarding-squalor-support-services/
Mode	Online
Cost	Free
Organisation	Inside Out Recovery
Training/ Resource	Workshop: Understand and Work with People Living in Hoarded and or Squalored Environments
Link	https://www.insideoutrecovery.com.au/professionaldevelopmentandtraining
Mode	Online and In-person
Cost	Fee-paying

Personality Disorders

Organisation	Australian BPD Foundation Limited
Training/ Resource	The Australian BPD Foundation partnered with various organisations to develop a four stage National Training and Professional Development Strategy. The aim is to upskill and engage clinicians working alongside people with Borderline Personality Disorder and their families to improve mental health practitioners and service providers capacity to recognise, respond to and treat people with BPD, and provide better support to their families and carers. The project has now been completed with the resources developed as part of Stages 1 and 2 still available on our website, and Stage 3 training is available fee for service.
Link	https://www.bpdfoundation.org.au/national-training-strategy.php
Mode	Online and In-Person
Cost	Free and Fee-paying
Organisation	Project Air Strategy for Personality Disorders
Training/ Resource	Integrated resources to assist with the management and treatment of personality disorders for individuals, family members, parents/carers/guardians, health professionals and educators.
Link	https://www.uow.edu.au/project-air/resources/
Mode	Online and In-Person
Cost	Free and Fee-paying

Post Traumatic Stress Disorder

Organisation	Phoenix Australia
Training/ Resource	The Australian Guidelines for the Prevention and Treatment of Acute Stress Disorder (ASD), Posttraumatic Stress Disorder (PTSD) and Complex PTSD (the Guidelines) provide general and mental health practitioners, policy makers, industry, and people affected by trauma with access to recommendations reflecting current evidence on how to better respond to the needs and preferences of people living with these mental health issues.
Link	https://www.phoenixaustralia.org/australian-guidelines-for-ptsd/
Mode	Online
Cost	Free

People from multicultural backgrounds

Organisation	Embrace Project
Training/ Resource	A framework to build capacity of mainstream services to work with CALD Communities
Link	https://framework.embracementalhealth.org.au/
Mode	Online
Cost	Free

Organisation	Multicultural Australia
Training/ Resource	Cultural awareness and capability training.
Link	https://www.multiculturalaustralia.org.au/cultural-capability/cultural-awareness-training/
Mode	In-person
Cost	Fee-paying

Organisation	National Centre for Cultural Competence
Training/ Resource	A range of education and training options for individuals, groups and organisations to develop their cultural competence.
Link	https://www.sydney.edu.au/nccc/education-and-training.html
Mode	Online and In-Person
Cost	Fee-paying

Organisation	The Network of Alcohol and other Drugs Agencies (NADA)
Training/ Resource	This resource provides principles and examples of best practice approaches to working with diverse communities. It sets out ways in which AOD services can be more accessible and equitable in their work with the diversity of people that access NSW services.
Link	https://www.nada.org.au/resources/working-with-diversity/
Mode	Online
Cost	Free
Organisation	NSW Services for the Treatment and Rehabilitation of Torture and Trauma Survivors (STARTTS)
Training/ Resource	Various trainings with a focus on trauma informed assessment, care planning and treatment.
Link	https://www.startts.org.au/training/
Mode	Online and In-Person
Cost	Free and fee-paying
Organisation	Transcultural Mental Health Service - NSW
Training/ Resource	Various education and trainings with a focus on culturally appropriate and trauma informed assessment, care planning and treatment
Link	https://www.dhi.health.nsw.gov.au/transcultural-mental-health-centre-tmhc/about-us/our-programs/education-and-training
Mode	In-person
Cost	Fee-paying

People in contact with (or at risk of contact with) the criminal justice system

Organisation	Community Restorative Centre
Training/ Resource	CRC provides specialist training to government and non-government organisations. The training improves the capacity of frontline workers to support people on release from prison, families and those affected by the criminal justice system.
Link	https://www.crcnsw.org.au/services/specialist-training/
Mode	Online and In-Person
Cost	Free

Organisation	Network of Alcohol and Other Drugs Agencies (NADA)
Training/ Resource	Complex needs capable: a practice resource for AOD services. Developed to build capacity within the AOD non-government sector in working with clients with complex needs such as acquired brain injury, intellectual disability, foetal alcohol spectrum disorders and contact with the criminal justice system.
Link	https://nada.org.au/wp-content/uploads/2021/01/complex_needs_capable_web_120813.pdf
Mode	Online
Cost	Free

People who are homeless

Organisation	Homelessness NSW
Training/ Resource	NSW Specialist Homelessness Services (SHS) Training Courses
Link	https://homelessnessnsw.org.au/sectorhub/learning-and-development/
Mode	Online and In-Person
Cost	Free for Department of Communities and Justice funded SHS Services

People who are lesbian, gay, bisexual, trans and gender diverse, intersex, queer, asexual, Sister Girls, Brother Boys and other sexuality and gender diverse peoples (LGBTIQA+SB)

Organisation	ACON
Training/ Resource	Various training with a focus awareness, inclusion and effective clinical practice with LGBTIQ people
Link	https://www.pridetraining.org.au/
Mode	Online and In-Person
Cost	Free and fee-paying

Organisation	ACON & The Network of Alcohol and other Drugs Agencies (NADA)
Training/ Resource	LGBTQ+ inclusive and affirming practice guidelines for AOD and mental health service providers.
Link	https://www.nada.org.au/resources/aod-lgbtqi-inclusive-guidelines-for-treatment-providers/
Mode	Online
Cost	Free

Organisation	BlaQ
Training/ Resource	BlaQ offers training for organisations to help in increasing staff understanding of matters relating to Aboriginal and Torres Strait Islander peoples and the LGBTQ+SB community, as well as making their workplaces more culturally safe and inclusive to Aboriginal and Torres Strait Islander and LGBTQ+SB peoples.
Link	https://blaq.org.au/training/
Mode	Online and In-Person
Cost	Fee-paying
Organisation	InterAction
Training/ Resource	Yellow Tick: Intro to Intersex Training Standardised training packages as part of the Yellow Tick program. Training provides a brief introduction to Intersex people and issues.
Link	https://interaction.org.au/training/
Mode	Online and In-Person
Cost	Fee Paying
Organisation	LGBTIQ+ Health Australia
Training/ Resource	LGBTIQ+ Health Australia's Knowledge Hub includes access to community resources, workforce training and resources, and advocacy and reports.
Link	https://www.lgbtiqhealth.org.au/hub
Mode	Online and In-Person
Cost	Free/ Fee-paying
Organisation	LGBTIQ+ Health Australia
Training/ Resource	The Silver Rainbow LGBTI Aged Care Awareness Training Project is a National Training initiative managed by LGBTI Health Australia. Training is delivered by their NSW training partner Twenty 10 to deliver the program in NSW. Silver Rainbow introduces participants to the principles of LGBTI inclusive practice in the context of community and residential Aged Care.
Link	https://lgbtihealth.org.au/silver-rainbow-training/
Mode	In-person
Cost	Fee-paying

Organisation	The Gender Centre
Training/ Resource	The Gender Centre covers a comprehensive range of training addressing the specific needs and issues facing transgender and gender questioning people accessing service provision.
Link	https://gendercentre.org.au/services/education-training
Mode	Online and In-Person
Cost	Fee Paying
Organisation	Trans Hub
Training/ Resource	Trans Hub is an ACON resource for all trans and gender diverse people in NSW who want to affirm their gender, and our loved ones, allies and health providers. Website includes resources and learning for community and health professionals.
Link	https://www.transhub.org.au/
Mode	Online
Cost	Free
Organisation	Twenty10
Training/ Resource	PRISM Online Inclusivity training and ASIST for LGBTIQ+ community members at a subsidised rate
Link	https://twenty10.org.au/training-consulting/prism-lgbtqa-inclusivity-training/
Mode	Online and In-Person
Cost	Free and fee-paying

People with co-occurring alcohol and other drug (AOD) issues

Organisation	Community of Practice
Training/ Resource	An online community designed for professionals in Australia who work with people experiencing co-occurring alcohol and other drug (AOD) use and mental health conditions. The Community of Practice serves as a platform where members can make connections, access valuable resources and engage and collaborate with other professionals to enhance their practice, and ultimately positively impact the health outcomes of people who experience these co-occurring conditions.
Link	https://community.comorbidity.org.au/
Mode	Online
Cost	Free

Organisation	The Matilda Centre
Training/ Resource	National guidelines and associated online training, train-the-trainer and face-to-face training, and links to other resources.
Link	https://comorbidityguidelines.org.au/
Mode	Online and In-Person
Cost	Free and Fee-paying
Organisation	The Network of Alcohol and other Drugs Agencies (NADA)
Training/ Resource	Managing comorbidity: Tips and tricks for adapting practice in a changing environment
Link	https://www.nada.org.au/resources/managing-comorbidity-tips-and-tricks-for-adapting-practice-in-a-changing-environment/
Mode	Online
Cost	Free

People with co-occurring disabilities

Organisation	3DN (Department of Developmental Disability Neuropsychiatry, University of NSW)
Training/ Resource	Intellectual Disability Mental Health Training for Child and Youth Mental Health Services
Link	https://www.3dn.unsw.edu.au/resources/health-professionals/intellectual-disability-mental-health-training-child-and-youth-mental-health-services
Mode	Online
Cost	Free and Fee-paying
Organisation	3DN (Department of Development, Disability Neuropsychiatry, University of NSW)
Training/ Resource	The Guide: Accessible Mental Health Services for People with an Intellectual Disability The Guide has been developed as a practical framework for the development of accessible mental health services. It provides assistance to professionals and to services to improve access to high quality mental health care for people with an intellectual disability
Link	Accessible Mental Health Services for People with an Intellectual Disability: A Guide for Providers
Mode	Online
Cost	Free

Organisation	Central and Eastern Sydney Primary Health Network (CESPHN)
Training/ Resource	Resources for working with clients with an Intellectual Disability: Information, Resources and Links to other educational opportunities.
Link	https://www.cesphn.org.au/general-practice/help-my-patients-with/intellectual-disability
Mode	Online
Cost	Free
Organisation	Centre for Mental Health Learning Victoria
Training/ Resource	Interactive education resource for everyone with an interest in intellectual disability mental health, including carers and families, health and mental health professionals, and disability professionals.
Link	https://cmhl.org.au/training/intellectual-disability-mental-health-e-learning
Mode	Online
Cost	Free
Organisation	Disability Awareness
Training/ Resource	Free online training focused on promoting an awareness of disability and the impact that societal attitudes and inherent stigma and discrimination have on the lives of people with disability.
Link	https://disabilityawareness.com.au/elearning/disability-awareness/
Mode	Online
Cost	Free
Organisation	Orygen
Training/ Resource	A free online webinar focussed on the challenge of co-occurring mental illness and intellectual disability in young people.
Link	https://www.orygen.org.au/Training/Resources/Neurodevelopmental-disorders/Webinars/The-challenge-of-co-occurring-mental-illness-and-i
Mode	Online
Cost	Free

Organisation	Sydney Local Health District & Project Echo
Training/ Resource	Adult Intellectual Disability Mental Health ECHO is a NSW Health capacity building initiative that supports healthcare professionals from diverse disciplines and service settings to improve mental health outcomes for people with an intellectual disability. Through participation, healthcare professionals can develop confidence and specialised knowledge to deliver specialised mental health care to adults with intellectual disability within their own local communities.
Link	https://sydneyproject.healthpathways.org.au/ProjectECHO/FindanECHO/AdultIntellectualDisabilityMentalHealthECHO.aspx
Mode	Online
Cost	Free and Fee-paying
Organisation	University of NSW in partnership with 3DN
Training/ Resource	Intellectual disability mental health e-Learning: Free e-learning for carers, health professionals and disability professionals.
Link	https://idhealtheducation.edu.au/
Mode	Online
Cost	Free

People with co-occurring physical health issues

Organisation	Equally Well
Training/ Resource	Information and resources designed to help improve the physical health of people living with a mental condition.
Link	https://www.equallywell.org.au/resources/
Mode	Online
Cost	Free
Organisation	Mental Health Professionals Network Podcasts
Training/ Resource	Podcast episode: In the First Person...Improving the Physical Health of People Living with Mental Illness
Link	https://mhpn.org.au/podcasts/in-the-first-person-improving-the-physical-health-of-people-living-with-mental-illness/
Mode	Online
Cost	Free

People with eating disorders or disordered eating

Organisation	Butterfly Foundation
Training/ Resource	Training events and webinars offering education for eating disorders and body image issues.
Link	https://events.butterfly.org.au/portal
Mode	Online
Cost	Fee-paying
Organisation	Inside Out
Training/ Resource	InsideOut GP Hub – A comprehensive suite of tools for point of care use - including a diagnosis support tool, a treatment evidence and planning table, evidence-based resources, and a Practice Management Toolkit with care plan templates for practice software. Codedigned with GPs to address their unique practical needs.
Link	https://gp.insideoutinstitute.org.au/?mc_cid=6aad62d70e&mc_eid=UNIQID
Mode	Online
Cost	Free

Refugee and asylum seekers

Organisation	NSW Services for the Treatment and Rehabilitation of Torture and Trauma Survivors (STARTTS)
Training/ Resource	Various with a focus on trauma informed assessment, care planning and treatment
Link	https://www.startts.org.au/training/
Mode	Online and In-Person
Cost	Free and fee-paying

Recovery and practice skills

Organisation	Black Dog Institute - e-Mental Health in Practice (eMHPrac)
Training/ Resource	e-Mental Health in Practice, or eMHPrac, is a suite of online training modules, webinars and e-resources designed to introduce health professionals to online programs and tools, and to demonstrate how e-mental health technologies can be integrated into primary care.
Link	https://www.blackdoginstitute.org.au/education-services/e-mental-health-in-practice/
Mode	Online
Cost	Free

Organisation	Black Dog Institute - TEN – The Essential Network for Health Professionals
Training/ Resource	Helping healthcare professionals find resources and support to navigate burnout and maintain good mental health.
Link	https://www.blackdoginstitute.org.au/the-essential-network/
Mode	Online
Cost	Free
Organisation	Education Centre Against Violence (ECAV)
Training/ Resource	ECAV provides state-wide face to face and online worker training, community awareness and development programs, agency and policy consultation, clinical supervision and resource development for NSW Health, other government and non-government organisations.
Link	http://www.ecav.health.nsw.gov.au/
Mode	Online and In-Person
Cost	Fee-paying
Organisation	Mental Health Coordinating Council (MHCC)
Training/ Resource	Training on Introduction to Supported Decision-Making . These free modules are accessible to all staff working with people in the psychosocial disability and mental health and human services sectors. We encourage their use by other practitioners, as well as people with lived experience, carers, family and informal support persons.
Link	https://mhcc.org.au/course/introduction-to-supported-decision-making/
Mode	Online
Cost	Free
Organisation	Monash University
Training/ Resource	PULSAR Manual: Recovery-promoting relationships and working practices for Primary Care. Aimed at supporting a focus of primary care staff in Australia in community settings to support personal recovery.
Link	https://www.monash.edu/_data/assets/pdf_file/0003/1797204/Pulsar-Manual_v3.pdf
Mode	Online
Cost	Free

Organisation	Pharmaceutical Society of Australia (PSA)
Training/ Resource	The PSA provides a range of mental health focused CPD for pharmacists. These include a combination of online modules and pre-recorded webinars.
Link	https://my.psa.org.au/s/education-catalogue
Mode	Online
Cost	Free and Fee-paying
Organisation	Phoenix Australia
Training/ Resource	Education and training course to support building the skills to support people who experience stress, trauma and adversity.
Link	https://education.phoenixaustralia.org/
Mode	Online and In-Person
Cost	Fee-paying
Organisation	Royal Australian College of General Practitioners
Training/ Resource	Mental health training and education offered by the RACGP
Link	GP mental health training and education - GPMHSC
Mode	Online and In-Person
Cost	Free and fee-paying
Organisation	Sydney Local Health District & Project Echo
Training/ Resource	Project ECHO (Extension for Community Healthcare Outcomes) is an evidence-based model which places healthcare providers from diverse settings in direct contact with subject matter experts, empowering them to provide best practice care for their local communities. Project ECHO comprises a series of weekly ECHO sessions via videoconference.
Link	https://sydneyproject.healthpathways.org.au/ProjectECHO.aspx
Mode	Online
Cost	Free and Fee-paying

Suicide Prevention

Organisation	Australian Men's Health Forum (AMHF)
Training/ Resource	Reaching Men – a specialist workshop on male suicide prevention.
Link	https://www.amhf.org.au/reaching_men_workshops
Mode	In-person
Cost	Free and fee-paying
Organisation	Black Dog Institute
Training/ Resource	Evidence-based mental health and suicide prevention training
Link	https://www.blackdoginstitute.org.au/education-services/health-professionals/
Mode	Online and In Person
Cost	Free and fee-paying
Organisation	Life in Mind
Training/ Resource	Zero Suicide in Healthcare Training Directory This directory has been developed in collaboration with Zero Suicide Institute of Australasia to support the training of staff within healthcare systems providing care to those who may be experiencing suicidal behaviours.
Link	https://lifeinmind.org.au/zero-suicide-healthcare-training
Mode	Online and In-Person
Cost	Free and Fee-paying
Organisation	Lifeline
Training/ Resource	Mental health and suicide prevention related training, including ASIST, SafeTALK and Accidental Counsellor. For communities and workplaces.
Link	https://lifelinedirect.org.au/hunter/training https://www.lifeline.org.au/get-involved/workplace-and-community-training/
Mode	Online/In Person
Cost	Free and Fee-paying

Organisation	Living Works Education Australia
Training/ Resource	Applied Suicide Intervention Skills Training (ASIST), SafeTalk training, as well as I-ASIST and SafeYARN training for Aboriginal and Torres Strait Islander communities.
Link	https://livingworks.com.au/
Mode	Online and In-Person
Cost	Fee-paying
Organisation	Question. Persuade. Refer. (QPR) Institute
Training/ Resource	Question, Persuade, Respond Gatekeeper Training for various health professionals, professions, and community members. The training aims to equip people with the skills and confidence that will enable them to intervene appropriately to save the lives of those at risk of suicide.
Link	https://qprinstituteaustralia.com.au/courses/
Mode	Online and In-person
Cost	Fee-paying and free
Organisation	Roses in the Ocean
Training/ Resource	Resources Hub relating to Lived Experience in Suicide Prevention.
Link	https://rosesintheocean.com.au/resources-hub/resources/
Mode	Online
Cost	Free
Organisation	Royal Australian College of General Practitioners (RACGP)
Training/ Resource	GP focussed suicide prevention training.
Link	https://www.racgp.org.au/education/courses/activitylist/
Mode	Online/ In Person
Cost	GPs to login to myCPD and check

Organisation	Suicide Prevention Australia
Training/ Resource	Learnlinc: The Learnlinc platform facilitates learning and skill development in the field of suicide prevention. It has over 180 resources and educational opportunities. Like how workplaces have CPR or first-aid programs, Learnlinc offers a solution for upskilling in suicide prevention, allowing individuals and organisations to enhance their capabilities and contribute to Suicide Prevention Australia's vision of preventing suicide.
Link	https://www.suicidepreventionaust.org/learnlinc
Mode	Online
Cost	Fee-paying
Organisation	Wesley LifeForce Suicide Prevent Training
Training/ Resource	Wesley LifeForce offers a suite of professional training programs to meet the needs of the community. The programs are designed to equip health care professionals with the skills to identify someone who may be at risk of suicide and the appropriate actions to take to assist them.
Link	https://www.eventbrite.com.au/o/wesley-lifeforce-2625635688
Mode	In-person
Cost	Free

Veterans

Organisation	Military & Emergency Services Health Australia
Training/ Resource	Information, guides and resources to support the mental health and wellbeing of current and former serving Australian military members and emergency service personnel and their families.
Link	https://mesha.org.au/programs-and-resources/information-guides/
Mode	Online
Cost	Free
Organisation	Open Arms
Training/ Resource	The free online training courses and webinars are designed to help clinicians, practice nurses and other clinical practice staff to better support the mental health needs of veterans.
Link	https://www.openarms.gov.au/resources/professional-development-military-awareness
Mode	Online
Cost	Free

Organisation	Royal Australian College of General Practitioners (RACGP)
Training/ Resource	A CPD course to educate the GP in their role of caring for the physical and mental health and wellbeing of veterans to ensure they and their families/carers have the appropriate healthcare support following service in the ADF.
Link	https://www.racgp.org.au/check/check-issues/2023/veterans-health
Mode	Online
Cost	GPs to login to myCPD and check
Organisation	VETs HeLP
Training/ Resource	Veterans' Healthcare eLearning Platform. A selection of online courses, resources and webinars for any worker in the helping profession.
Link	https://medcast.com.au/veterans-health
Mode	Online
Cost	Free