



## **Simple Strategies for Supporting Clients Experiencing Mental Health Difficulties**

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Mental health concerns impact on approximately 20% of the population at any one time. Many clients who present for career counselling are experiencing stress and anxiety regarding their future. Thus, being able to identify the signs of mental health difficulties and having simple strategies to support these clients is an important factor in providing effective career counselling.

This interactive session aims to assist career development practitioners to

- Recognise the signs of mental health issues in their clients
- Understand how mental health issues impact on career decision making
- Be able to raise concerns with clients
- Have strategies to support clients and
- Be able to identify when to refer clients for psychological therapy.