



Supporting Emotional Wellness (SEW) in Residential Aged Care Facilities

Mental Health Literacy presentations for residential aged care facilities

What we know about mental health is always changing and growing. It can be hard to keep up with new knowledge that may help us, or those in our care.

Relationships Australia SA's Supporting Emotional Wellness (SEW) program is all about increasing mental health literacy in residential aged care facilities.

We offer mental health literacy group presentations for staff, residents or family members. They can help you:

- Understanding more about mental health
- Support yourself and others through tough times
- Know what supports and resources are there for you.

Mental Health Literacy presentations are free and guided by trained health professionals. If you're interested contact our staff or those at your facility.

If you would like to learn more about the Supporting Emotional Wellness in Aged Care (SEW) program, contact us:

1800 000 739 (1800 000 SEW) | MHRAF@rasa.org.au
www.rasa.org.au/services/adult-health-wellbeing/sew