

What is the Autism & Mental Health course?

It is designed for the general public to gain insight of autism impacts our mental health, but also to a further degree than what most people experience in their lives.

This course was designed for people with autism spectrum disorders (ASD) who have trouble recognising the symptoms behind their own mental health issues, to deal with it effectively in their own lives.

What made you decide that a mental health course was necessary for people with Autism?

There was a lack of resources and understanding of how individuals are affected by their mental health. Mental Health is not a topic that is discussed very often, so therefore, the course was developed to assist in this area.

What course modules are there in Autism & Mental Health?

Healthism, Affectism, Stablism, & Healism.

Do you have more information on these modules?

Yes of course! With the first module **HEALTHISM**, it discusses in detail what mental health is and how individuals are affected by their own autism which greatly impacts their ability to function in everyday life. You'll also learn more about how autism affects your ability to sleep and provides insights into how an individual may experience sleep disturbances therefore affecting their day-to-day activities

The second module of this course **AFFECTISM**, participants will learn more about the Autism & depression, anxieties, Stress & autism burnout. You'll also learn what burnout is all about, and how it affects an individual with autism in their everyday lives.

The third module **STABLISM**, where you'll learn how to enable self-esteem & confidence in your own life. And how to accomplish & achieve those goals to become more positive in your own life.

The 4th Module **HEALISM**, this is where you'll learn to embrace positivity in mental health, what the key components are to mental health, how to cultivate it in your own life and it also provides you with practical examples and strategies to employ positive mental health in your own life.

What would I learn from this course that I have learnt elsewhere about mental health in general?

You'll definitely learn more about your son/daughter's mental health issues, that you'd never known about before to help them & to provide support & care for them when they're undergoing medical treatment for their anxieties, stress levels or other issues going on in their lives.

The strategies that you'll learn from this course, you'll be able to apply not only to your own life but to theirs as well to employ positive mental health when they've gone through & have come out the other end of their mental health issues!

But this is something that you'll have to explore for yourself and what you can do to assist your own individual with autism spectrum disorder both now in the present & in the future.

How do I get support from these courses?

Online support is always there via email and Kerryn is just a phone call away.

Where to from here?

You are more than welcome to make an inquiry via email, or phone call to Kerry. Please use the contact details on this brochure or via the website.



CONTACT US:

Phone 61 3 0435 555 453

Email: info@ktalk.au

Website:

<https://ktalk.au/>

**Check out our website for
further information.**



***“Exceed Your
Expectations”***

**AUTISM &
MENTAL HEALTH**