

Course Delivery Name	Adult Mental Health Aware Half Day Online (02 Sep 2021)
Lead Instructor	Arabella Tresilian
Co-Instructor	

Please note, these are average scores based on the total number of feedback forms completed. Scores are from 0 – 10 where 0 is the lowest and 10 is the highest.

Questions Asked	Average	Total Completed
Confidence before	4.80	10
Confidence after	8.20	10
Knowledge before	4.40	10
Knowledge after	8.40	10
Lead instructor rating	9.75	10
Co-instructor rating		0
Likelihood of recommending the course	9.90	10

### Comments

Excellent and informative course. Great facilitator as well

I have nothing but praise for Arabella, she is engaging, authentic and compassionate and does such a great job of conveying the material in such a clear way. I have already told others about the course as the information was so valuable. Thank you.

I learned real tools and techniques, both from Arabella and from my colleagues. It was useful to hear others' experiences and to get a steer on medical information. I'm pleased that the course moved far beyond issues of wellbeing into actual mental health awareness, management and treatment.

I think it would be appropriate to cover more about physical illness and how this impacts on mental health and bereavement. Arabella is a wonderful instructor.

Really informative course. The course materials will be really useful to use moving forward.

Thanks so much - super helpful course.

Useful. Not sure the break out session worked well for the group I was in with no facilitator. Good to have a hardcopy manual to read, better than an electronic version that would never get looked at again.

Very useful and extremely good use of time to know about and understand more on this important subject. Will definitely help me at least start to identify any potential issues and open up relevant conversations. Thank you.