

# Mental Health Masterclass | Webinar Series

## Certificate of Attendance

This is to certify that

**Rhys Mcaskell**

has attended the

**Mental Health Masterclass Webinar Series**

1. Anxiety, Kids, and Self Care (90 mins)
2. Transition to Telehealth (90 mins)
3. Tools for Working from home with kids (60 mins)
4. How to cope with financial stress during COVID-19 (60 mins)
5. Working from home: Tools to increase productivity and motivate (90 mins)
6. Family violence during isolation: What is your role? (90 mins)
7. Additions arising in isolation: Preparing for what is ahead (90 mins)
8. Are you addicted? Behaviours formed in isolation (60 mins)
9. The mental health of our essential services: What is your role? (90 mins)
10. Building your mental muscles (60 mins)
11. The future of mental health: Preparing for the post-pandemic aftermath (90 mins)
12. Relationships: Tips and Success for Recovery (60 mins)

Total attendance time for each webinar presentations is either 90mins or 60mins (total of 15.5 hours completed)  
These hours may be used or submitted to your Association or College for the calculation of CPD points.



Sam Stewart  
CEO Australian & New Zealand Mental Health  
Association



Shae Mengersen  
Conference Manager

Certificate Number: 213