



CAPABILITIES STATEMENT



ABOUT US

The Northern Territory has almost twice the amount of mental health patients per capita than the Australian average and the lowest number of services; Two Two One Mental Health Charity provides practical and tailored mental health training and services and understands the diversity of the Territory.^[1]

The key to a healthy mind is feeling connected to people, culture or place. At Two Two One we cultivate this by facilitating honest conversations. Two Two One stands for we have two eyes, two ears and one mouth, so we should listen and observe twice as much as we speak .

Participants say that they used their Mental Health First Aid skills within days of completing the course to support their colleagues or loved ones. Let's start having these conversations, it could be as simple as booking one workshop.

Did you know the flow on from education around mental health impacts the staff productivity, satisfaction and support in the workplace? The *National Mental Health Commission* reported that every \$1 invested in mental health education has a return on investment of \$2.30.^[2]

Mission: To deliver knowledgeable and innovative mental health services to the Northern Territory.

Vision: One day we have a health system, that includes mental health. That every person will be educated and aware of what mental health problems are and how to support a loved one.

Objectives and Purposes

- (a) Prevent mental health problems by providing mental health education.
- (b) Improve mental health by providing community awareness through workshops and activities.
- (c) Facilitate activities and programs that prevent mental illness through awareness and early intervention.
- (d) Provide opportunities and support for those at risk or living with mental illness through well-being workshops and programs.

SERVICES

Mental health doesn't have to be a downer! At Two Two One we pride ourselves on every workshop being interesting, interactive and practical.

We deliver customer and industry specific local and practical training, workshops and awareness programs. We see the effect of mental health awareness in the workplace improve both colleague support and work productivity.^[3]

Programs include:

Accredited Training:

- Standard Mental Health First Aid
For adults supporting adults
- Youth Mental Health First Aid
For adults supporting young people
- Teen Mental Health First Aid
For teens supporting teens years 7-12
- SafeTALK
For anyone 15+ supporting
suicide prevention
- Mental Health First Aid Refresher
For adults who have previously completed
Youth or Standard Mental Health First Aid
- Mental Health First Aid for Self Injury
For adults wanting to further their
understanding of self injury and
mental health

Non-Accredited training:

- Mental Health in the workplace
- Understanding stress
- Complex trauma and
trauma response
- Increasing productivity by improving
mental health
- Working with young people
- Understanding adolescent development
- Trauma informed practice in
your workplace
- Goal setting and mental wellness

Consulting:

- Resource development
- Research, service mapping and escalation procedures for mental health.
- Specific training courses, presentation and packages written and developed specifically for your workplace and industry.

Two Two One serves the community by identifying gaps in services and creating innovative training and programs such as GO! Nights girls youth drop-in wellbeing centre and remote suicide prevention posters.

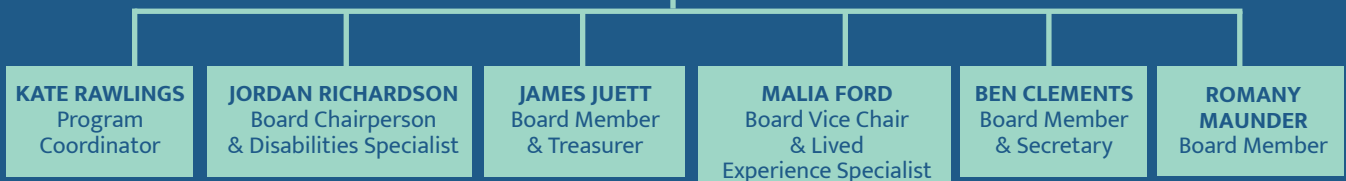
EXPERIENCE AND MAJOR CLIENT LIST:

- AFL NT
- RMI Security
- Department of Education
- NT Correctional Services
- Northern Land Council
- Territory Families
- Department of Local Government, Housing and Community Development
- Department of Health
- Defence Community Organisation NT
- City of Darwin
- TeamHEALTH
- West Arnhem Regional Council
- ITEC Health
- NT Police Fire and Emergency
- Power and Water
- Clontarf
- Girls Academy
- Department of Social Services
- Red Cross
- Darwin Private Hospital
- Government House
- Duratec

MEET THE TEAM

SACHA KING
Founder and Managing Director

Sacha King is the founder, director and senior trainer of Two Two One Mental Health Charity. Sacha is an accredited social worker and counsellor specialising in mental health, holding bachelor degree's in Science (Psychology) and Social Work. With years of experience in the mental health and wellbeing field, she uses research, best practice and enthusiasm to create engaging and practical education for the Territory. Sacha is passionate we all should have meaningful conversations and be aware of mental health solutions.



AREA OF OPERATION

We have worked in:

Darwin, Palmerston, Nhulunbuy, Alice Springs, Katherine, Gunbalanya and Warruwi.

AWARDS AND RECOGNITION

In 2020 Two Two One was a finalist in the Northern Territory Young Achiever Awards for Small Business and nominated for the 2020 Community Achievement Awards for Awards Australia Health and Wellbeing Award.

2020 REACH



Schools - Teacher

✓
Completed Mental Health training for teachers across six schools in the NT

138
teachers reached over 6 trainings




Main training Youth Mental Health First Aid Accredited two day training


Locations: Darwin, Katherine, Palmerston, Humpty Doo and Nhulunbuy

Schools - Youth

✓
Completed Mental health education for students across

8
schools in the NT



Main training Teen Mental Health First Aid (peer review 3 session training)


Locations: Darwin, Palmerston, Humpty Doo, Batchelor and Nhulunbuy

Workplaces

✓
Completed mental health education in

15
workplaces


Reached 506 workers over

28
sessions

Main trainings include Standard Mental Health First Aid, Suicide Prevention and wellbeing workshops


Locations: Darwin, Palmerston, Nhulunbuy, Alice Springs, Katherine, Gunbalanya and Warruwi

Community – Adults


Completed mental health awareness and education events in community

Reached

232
adults face to face over 6 events

Main events include mental health week, mental health talks and presentations


Locations: Darwin, Katherine and Online


Community – Youth


Completed mental health awareness and education events and programs in the community

Reached

773
youth face to face over 39 events

Main events include Launch Night Series, GO! Nights and school holiday programs


Locations: Darwin and Online

Consulting

✓
Completed

6
consulting projects

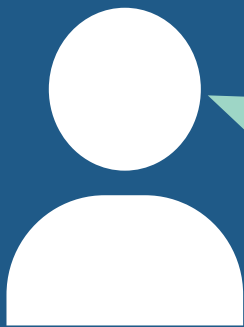

Reaching over 3000 people online and through community

Main projects include COVID response mental health interviews, client specific mental health trainings, and mental health education resources.

Total

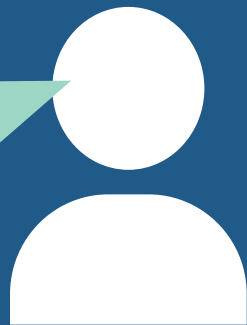
- ✓ Completed 109 education/ training/ programs in mental health
- ✓ Reached 2136 people face to face
- ✓ Reached over 3000 people online

CLIENT TESTIMONIALS



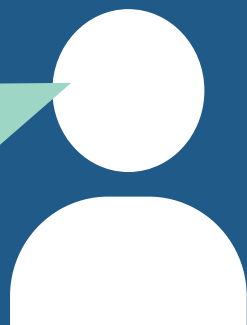
“It was highly effective, and the young people involved stated that it was information they had not previously learned about and identified that it is vital learning. It is something I would like to see imbedded into the curriculum.” - Direct quote from NT teacher’s feedback after Teen Mental Health First Aid was completed in their school.

“Learning and understanding mental health first aid so we know what to do if our friends are dealing with anything”, “Learning ways to help others and myself cope”, “Learning how to ask and what to say” and “Talking about how we can change our mental health for a better life” - Direct quotes from student feedback forms asking, ‘What was your favourite part?’



“Sacha was a really engaging presenter. She made the content relevant to us and gave us her time during breaks to chat about different experiences that we have had at work.”
- RMI Security staff

“One of the best instructors I have come across. Excellent facilitation and knowledge. Well done!”
- Darwin Community course



“Thank you.. Two Two One Mental Health Charity for providing training to the Government House team today about mindfulness and mental health awareness in the workplace. Our team thoroughly enjoyed the activities and learning more about the steps we can take every day to look after ourselves and others in our community.” - Government House, NT

References:

- [i] Australian Institute of Health and Welfare, 2020
- [ii] The Beyond Blue PWC Report, <https://www.headsup.org.au/>
- [iii] Beyond Blue Headsup.org, 2017



ABN 9754 4260936

Registered Charity

www.twotwoonettraining.com

E: info@twotwoonettraining.com

M: 0447 387 770

[@two.two.one.charity](https://twitter.com/two.two.one.charity)