



OUR PURPOSE

Learning with communities

Our original education explores mental health in everyday life, with room for culture, language, identity and different experiences. CALD means culturally and linguistically diverse.

Your perspective matters.
Your participation is your choice.

LET'S CONNECT

Choose your next step

For community members, groups and organisations wanting clearer mental health knowledge and more confidence in supportive conversations.

Preview the eight-module course in the Learning Hub. Public self paced enrolment is not currently open.

Contact us to discuss a facilitated session for your group.

Tell us about language, learning and accessibility needs.



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0421 609 755 · Call or text

Explore programs and current information online.



PALM TREE ORIGINAL EDUCATION

Understand. Reflect. Connect.

Community Education that makes mental health knowledge easier to use.

01

Understand and talk

Strengthening Mental Health Literacy in
CALD Communities · Eight modules

01 Understand

Mental health, everyday wellbeing and
protective strengths.

02 Culture

Language, faith, family, identity and barriers
to support.

03 Notice

Recognise changes, ask what they mean
and avoid assumptions.

04 Talk

Practise respectful questions, listening and
choice.

02

Support and connect

Practical learning for everyday life.

05 Suicide prevention

Asking directly, responding to concern and
connecting with support.

06 Support

Offer support within your role and look after
your wellbeing.

07 Navigate

Australian services, mental health
professionals, interpreters and access.

08 Connect

Map your support network and choose a
manageable next step.

Palm Tree original education is not a
nationally accredited qualification.

03

Together We CARE

A Palm Tree guide for respectful, supportive
conversations.

C Connect and Create Safety

Make space for a calm, respectful
conversation.

A Ask and Understand

Listen with curiosity to the person's
perspective.

R Respond with Compassion

Acknowledge feelings and respect their
choices.

E Engage Support

Explore appropriate help and support
connections.

Preview the course now. Enquire about
facilitated delivery for your group.