



OUR PURPOSE

About Palm Tree

Palm Tree Covering helps people understand mental health, build confidence in everyday conversations and connect with appropriate support. Our work recognises the influence of culture, language, family and community.

Together We CARE.
Together We Connect.

LET'S CONNECT

Work with us

For workplaces, councils, community organisations, settlement services and multicultural groups. Tell us your audience, goals, preferred format and access needs so we can discuss a suitable program.

Victoria Based | Training Available Australia-Wide.

Group delivery and program options are discussed by enquiry.

Interstate travel and accommodation are quoted separately.



palmtreecovering.com.au
info@palmtreecovering.com.au
0421 609 755 · Call or text

Explore programs and current information online.



MENTAL HEALTH EDUCATION & TRAINING

Knowledge. Confidence. Connection.

Mental health literacy made accessible for communities and workplaces.

01

Learning that connects

Our approach combines practical education with cultural respect and learner choice.

Understand

Build knowledge of mental health and wellbeing in everyday life.

Recognise

Notice when someone may need support, without making assumptions.

Connect

Practise respectful conversations and explore support pathways.

Palm Tree draws on more than a decade of experience across youth, family and community services.

02

Licensed training

Structured programs delivered within their provider requirements.

Standard Mental Health First Aid

Learn to recognise and respond to mental health concerns in adults. Face to face delivery is 12 hours across two days. Ask about available formats.

CALM Suicide Intervention

A facilitated one day program focused on conversations, safety and connecting people with support. Enquire about group delivery.

Ask us about course formats, learning resources and certificates.

03

Palm Tree original education

Accessible ways to learn, reflect and take a next step.

Community Education

Practical learning for communities, including Strengthening Mental Health Literacy in CALD Communities.

Community Mental Health Circle

Coming soon. Register interest in a conversation that builds understanding and connection.

Digital learning and resources

Preview the course in the Learning Hub and explore the Resource Library.

Palm Tree original education is not a nationally accredited qualification.