



Delivering a Healthy WA

Understanding Mental Health and Wellbeing

An Introduction to Mental Health, Mental Health Promotion, Mental Illness Prevention and Early Intervention

The WA Country Health Service - Midwest and Auseinet invite you to attend a special Melbourne Cup edition of this workshop being held in conjunction with the 2008 Rural and Remote Mental Health Conference

This introductory training module has been developed by the Australian Network for Promotion, Prevention and Early Intervention for Mental Health (Auseinet) to introduce participants to the principles and concepts underpinning mental health promotion, prevention of mental ill-health and early intervention and their relevance and applicability to a range of work settings.

The workshop will cover:

- Concepts of positive mental health
- Influences on mental health (including social determinants and risk and protective factors)
- Benefits of promotion and prevention
- Status of the evidence
- Overview of mental health promotion, prevention of ill-health and early intervention
- Applications to clinical and community settings
- Examples of evidence-based interventions.

This workshop is suitable for people working in government and non government organisations that have a focus on mental health, and is relevant for managers, team leaders, clinicians, service providers, project officers and policy makers who wish to increase their knowledge and understanding of the relevance of promotion and prevention approaches for mental health.

Details

Date: 4th of November
Time: 1:00pm - 5:00pm
Venue: Queens Park Theatre
Cost: \$20
Facilitator: Elizabeth Kelly

To register your attendance at this workshop please contact:

Contact: Elizabeth Kelly
Email: Liz.Kelly@health.wa.gov.au
Telephone: 08 9956 1955
Closing Date: Monday 20th of October 2008