



Understanding **Mental Health** & **Wellbeing**

The role of Mental Health Promotion & Early Intervention in *the Prevention of Mental Illness...*

You are invited to a
Mental Health Week
Workshop * Tuesday
6 October 2009
9am-2.30pm

Mental health is more than the absence of mental illness -

- * *What does it mean to have 'mental health'?*
- * *What positive steps can be taken to help prevent illness?*

The current global burden of mental illness is well beyond treatment capacities, and by the year 2020 depression will constitute the second largest cause of disease burden worldwide: the social & economic costs of mental illness will not be reduced by the treatment of mental disorders alone.

Everyone has an important role to play in the prevention of mental illness -

Mental health is everyone's business. While we need to offer effective treatment & care, at the same time we need to focus on prevention & early intervention across all settings of everyday life.

How can we better support people at work, in schools, in health care, at home, in sports & in the community?

Developed by Auseinet, this introductory workshop aims to improve knowledge and understanding of the principles of promotion, prevention and early intervention for mental health and their application across all sectors.

The workshop will cover - concepts of mental health, types of prevention & early interventions, risk & protective factors and the importance of mental health promotion.

The workshop is intended for - all health professionals, clinicians, service providers, teachers, educators & policy makers ... and all others interested in promoting mental health

- Date: Tuesday, 6 October 2009
Time: 9.00am-2.30pm
Cost: \$40pp. - \$20 concession
Venue: Coolibah Room, Alice Springs Resort (includes lunch)
To book: Email rita.riedel@mhaca.org.au to reserve a place
& fax the attached registration form to MHACA on (08) 8953 5577





Understanding Mental Health & Wellbeing Workshop

Registration Form

Tax Invoice

ABN 91 804 704 259

This registration will become a Tax Invoice/receipt on payment

Tuesday, 6 October 2009 - 9.00am-2.30pm @ Coolibah Room, Alice Springs Resort

First name: _____ Surname: _____

Organisation: _____

Position/Title: _____

Address: _____

_____ Code: _____

Phone: _____ Mobile: _____

Email: _____

Payment

\$40 (govt/non-govt) or \$20 (concession)

Please forward tax invoice for this above amount to my address above

OR A direct deposit will be made as per below -

Direct deposit to: Mental Health Association of Central Australia

BSB: 633 000

Account No: 1196-89974

Bank: Bendigo Bank, Fountain Court, Bendigo

Reference: Use your Surname & '6 October' as reference

Confirmation: Send email to **info@mhaca.org.au** to confirm details of your deposit

OR Enclosed is my payment of \$_____ - please indicate method of payment below:

Cheque or Money Order (make payable to Mental Health Association of Central Australia)

To Book - Fax this form to:

Rita Riedel @ MHACA - fax (08) 8953 5577

And if paying by cheque send to:

Finance Officer: MHACA

PO Box 2326

Alice Springs NT 0871

