

AIMhi Stay Strong News



Alice Springs Training Dates

Stay Strong e-Mental Health Training Course

9:00am – 3:00pm 17 July 2018

An interactive workshop introducing trainees to digital mental health resources developed for and with Aboriginal and Torres Strait Islander people. Builds skills and confidence using digital resources and develops practical skills for using the Stay Strong App in practice.

Stay Strong e-Mental Health Train the Trainer Course

9:00am – 3:00pm 18 July 2018

Builds skills in delivering digital mental health training. The Train the Trainer course will build on the knowledge gained in the Stay Strong e-Mental Health Training course.

Centre for Remote Health, Alice Springs

Lecture room 3 & 4, 5-7 Skinner Street, Alice Springs

Registrations: contact Michelle.McGuirk@menzies.edu.au

July 2018

? Explainer

What is e-Mental Health?

Digital or e-mental health tools are services, programs or applications, delivered via online, mobile or phone based platforms. They may be self-driven or practitioner guided and can be used alone or in combination with face-to-face therapy.

Training courses in Queensland and Western Australia TBA

For more training opportunities in digital mental health beyond the NT visit the e-Mental Health in Practice website emhprac.org.au

Stay Strong App (Android version) temporarily unavailable

The Stay Strong App (Android version) is temporarily unavailable on the Google Play Store due to changes to Google's privacy policy. We're working to have it back up and running ASAP. The Stay Strong App – iOS version can still be purchased from the App Store.



What is eMHPrac?

The e-Mental Health in Practice (eMHPrac) collaboration is delivering free training and support to practitioners in e-mental health. eMHPrac is funded by the Commonwealth Government. Menzies is a partner in eMHPrac and is delivering training and support in the Stay Strong App and other e-mental health tools for practitioners working with Aboriginal and Torres Strait Island people.



Available on the
App Store

eMHPrac
E-MENTAL HEALTH IN PRACTICE



New addition to the Stay Strong team: welcome Alison!



Alison has recently just joined the Stay Strong team at Menzies. She has previously worked as a registered nurse in Katherine, NT for 10 years. For the last 6 years she has worked in the Darwin community, within respiratory, palliative and primary health care roles. Through these roles, Alison has developed a strong interest in health promotion. Welcome Alison!

Contact: Alison.Fitzgerald@menzies.edu.au



The Stay Strong team training Aboriginal Family Support Service in Adelaide last month

AIMhi Stay Strong Resources are being translated into a new e-mental health tool available in Indigenous languages



Over the years, we have received many requests for our suite of AIMhi Stay Strong resources to be translated into various Indigenous languages. We have now been awarded a grant from Primary Health Network NT to translate some of our AIMhi Stay Strong resources into an animated, digital resource available in Indigenous languages.

Watch out for the new e-mental health tool in early 2019!