

## Darwin e-Mental Health Showcase

Tuesday, 3 June 2014

An upcoming forum held by the Menzies School of Health Research will showcase new and innovative electronic resources for delivering mental health care.

Mental health disorders are the second largest contributor to the total disease burden of Indigenous Australians accounting for 15 per cent of the total disease burden. Indigenous adults are more than twice as likely to experience emotional distress than non-Indigenous adults.

The forum will profile and preview a number of new resources available to health service providers which will be headlined by the AIMhi Stay Strong iPad App; a structured mental health and substance misuse intervention using Indigenous specific content and imagery.

The app, developed by Menzies and QUT, will assist therapists to deliver a structured, evidenced-based, and culturally appropriate intervention to their Indigenous clients.

**What:** Darwin e-Mental Health Showcase

**When:** Thursday, 5 June, 8.30am-12.30pm

**Where:** CDU Casuarina campus, [Building Blue 2A](#)

**Contact:** Stefanie Puszka – [Stefanie.puszka@menzies.edu.au](mailto:Stefanie.puszka@menzies.edu.au)

The Darwin e-Mental Health Showcase is a **free event** with morning tea and lunch provided. All are welcome.

### Background

Menzies School of Health Research is Australia's only Medical Research Institute dedicated to improving Indigenous health and wellbeing. We have a 28-year history of scientific discovery and public health achievement. Menzies works at the frontline, partnering with over 60 Indigenous communities across Northern and Central Australia. We collaborate to create resources, grow local skills and find enduring solutions to problems that matter.