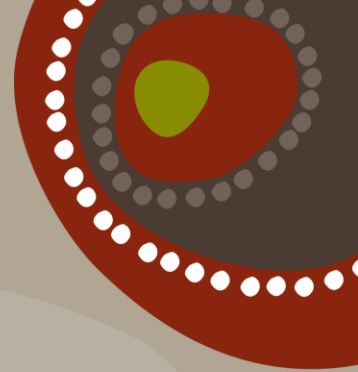


Stay Strong News



October 2015

Welcome to the October edition. As you can see, we've been busy with our e-mental health and equity forum, launching a new brief e-mental health skills and awareness course, participating in mental health week and continuing to offer training. Future training may be limited, so if you're thinking about registering don't delay!



e-Mental Health: Potential to promote equity

Our recent forum on e-mental health and equity in Alice Springs was a success with some great contributions from developers, experts and community members:

The interaction between deeply cultural and cutting edge it's sitting right there. – James Lamerton, Ngaanyantjarra Health Service

There's a huge difference in the way we're approaching health now and it's important because it's empowering the individual, it's allowing each of us now to be gaining access directly to advice rather than feeling like we have to go to a health practitioner to get that advice. – David Kavanagh, Queensland University of Technology

...The ability for people to share stories through new technologies to share those learnings with other communities – Helen Travers, Hitnet

If there is a commitment of resources by all levels of Government to fully do this it's a cost effective model. – Chansey Paech, Central Australian Aboriginal Congress

Check out the highlights video on our Facebook page:

<https://www.facebook.com/100008385097956/videos/1639811609641660/?pnref=story>

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e-mental health panel discussion

Training Workshops

Stay Strong training & train the trainer course

23-24 November 2015
Building Red 9
Charles Darwin University
Darwin

Stay Strong training

5 February 2016
Katherine

Stay Strong training

1 December 2015
Ngukurr

e-Mental Health awareness & skills course

Available on request
(see below for details)

To register contact: Stefanie.Puszka@menzies.edu.au

Mental Health Week Feature

To celebrate Mental Health Week, the stay strong team in Alice Springs (Michelle and Kylie) took part in the 'Stress Less in the Park' event and featured in a CAAMA special broadcast on mental health. See link to podcast: <http://caama.com.au/womens-business-mental-health-week-2015>

Meanwhile, in the Top End, team members (Stef, Jasmine and Robert) visited the Tiwi Islands to support use of the Stay Strong App at Wurrumiyanga and took part in the official Mental Health Week launch.



Launch of new e-Mental Health Awareness and Skills Training

Our team has been working on a new training package to supplement our Stay Strong training and Stay Strong train the trainer courses. The new package, titled 'e-mental health awareness and skills training', aims to promote awareness of the broad range of e-mental health resources and how they can be used in everyday practice.

This training course is designed for people interested in using e-mental health but unsure where to start and for those wanting a

short taster of our full training course.



The tech age spreading far and wide

This is a brief course (1-2 hours) and covers awareness-raising of the range of e-mental

health tools, skills in selecting the right e-mental health tool for your client, best practice use of e-mental health and ethical issues.

e-Mental health skills and awareness training is available on request. If you are interested in this course, please contact us.

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