

Stay Strong News

June 2016

Stay Strong Android Version is here!

Results are in from our testers and the Android version of the Stay Strong App is finally available! You can download it from Google Play here:

<https://play.google.com/store/apps/details?id=com.menzies.staystrong>

The Android version now features an integrated Kessler 10 assessment and new images for people who keep me strong.

Big thanks to all of our testers for providing valuable feedback. Please feel free to get in contact with us if you have any more feedback to share.



What do you know & think about e-mental health?

If you live in the NT and work in a health or wellbeing service, we would appreciate you participating in our survey. The aim is to measure current knowledge and use of e-mental health resources as well as attitudes about the effectiveness and appropriateness of e-mental health. It takes about 10 minutes to complete and responses are anonymous.

<https://www.surveymonkey.com/r/D7ZR5MG>

This survey was first held at the beginning of the project (baseline). We are now repeating the survey (wave 2) to measure whether there has been any increase in awareness or uptake of e-mental health over the life of the project. If you did not participate in the baseline survey you can still participate in wave 2.

Thanks for helping us understand how e-mental health can contribute to better mental health services for Aboriginal and Torres Strait Islander People and the training required for health practitioners.

This edition

<i>Stay Strong Android Version is here!</i>	1
<i>What do you know & think about e-mental health?</i>	1
<i>12 month extension to eMHPrac project.</i>	2
<i>eMHPrac Train the Trainer course in Perth.</i>	2

Newsflash: 12 month extension to e-Mental Health in Practice project

We have received news that the e-Mental Health in Practice project will be funded by the Federal Government for another 12 months from June 2016. The extension will allow us to continue to offer training and work with organisations to

implement e-mental health approaches in practice, as the Government works towards its new stepped care system incorporating e-mental health approaches and a new Digital Mental Health Gateway. More details to come.

***Interested in being further involved?
We are looking for new members for our reference group to provide advice on the next stage of the project.***

The group meets quarterly to provide advice from a stakeholder perspective. We welcome both old and new members and would like to thank all previous members for their important contributions thus far.

For more info, contact:
Stefanie.Puszka@menzies.edu.au



Working on the next steps at a recent eMHPrac meeting

e-Mental Health in Practice Train the Trainer course in Perth

This free e-mental health Train the Trainer course is being offered by Queensland University of Technology to service providers working with Aboriginal and Torres Strait Islander people to pilot our new training package. At the end of this 4-day training event, you will be able to train others in e-mental health and its use within your organisation.

Dates: 25-26 Aug, 29-30 Aug

For bookings & further information, visit:

<https://www.eventbrite.com.au/e/the-national-aboriginal-and-torres-strait-islander-e-mental-health-train-the-trainer-program-4-day-tickets-23069281843>



Menzies School of Health Research
www.menzies.edu.au
Phone: 08 8946 8422 (Darwin)
Phone: 08 8951 4745 (Alice Springs)

eMHPrac
E-MENTAL HEALTH IN PRACTICE

