

AIMhi Stay Strong News

New training dates announced

The Stay Strong team will be offering training again in 2018 with our next training to be held in Darwin.

Stay Strong e-Mental Health Training Course
Monday 12 March 9:00am – 4:00pm

Train the Trainer Course
Monday 19 March 9:00am – 3:00pm

Menzies School of Health Research
Building Red 9, Charles Darwin University, Casuarina
Registrations: contact Stefanie.Puszka@menzies.edu.au

Further dates will be announced soon for Alice Springs and interstate. For more training opportunities in digital mental health beyond the NT visit the e-Mental Health in Practice website emhprac.org.au

March 2018



Where to download the app?

The Stay Strong App is a practitioner resource available for tablets/iPads on the App Store and Google Play.



eMHPrac
E-MENTAL HEALTH IN PRACTICE



Tell us what you think: how can the Stay Strong App work with Communicare?

We would like your input on the best way to save patients' Stay Strong Plans (from the Stay Strong App) in Communicare. If you have experience in using Communicare in a current or past role, we would love you to take part in our brief survey. These three questions will help us work out the best way to design a form in Communicare for the Stay Strong App. Take our survey [here](#).

<https://www.surveymonkey.com/r/MJKQ2X5>



Head to Health: new digital mental health portal launched

In late 2017 the Commonwealth Department of Health launched Stage 1 of a new digital mental health portal, Head to Health. This resource provides a gateway to government-funded apps, websites, online programs and phone, chat and email support for consumers. Stage 2 will include information for service providers. Visit headtohealth.gov.au to explore the portal.

The Commonwealth government are seeking feedback on the Head to Health portal. Please feel free to email us with any feedback and we will be sure to pass it on.



Welcome to the team, Christabel!



Christabel Lewis recently joined our team as a Project Coordinator. She moved up to Darwin 4 years ago to start her career as an Occupational Therapist and has since made the NT her home. She worked as an OT at the hospital and for Aged Care Services before moving into a mental health clinician role at Headspace. She has a particular interest in public health, working with culturally and linguistically diverse people and of the development of resilience and wellbeing in communities.

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