

E-Mental Health Strategies Workshop

Registrations are now open



- Are you a mental health professional working with youth?
- Want to build upon your own digital literacy skills with service-users?
- Want to gain confidence around applying e-mental health strategies in practice?



E-Mental Health:

Digital technology holds enormous potential in the delivery of mental health services. As mental health professionals, we are increasingly needing to expand our skills in the area. E-mental health is a rapidly growing field, and has significant potential to enhance existing practice. Incorporating e-mental health strategies into our care-plans and safety-plans is fast becoming best-practice. Enabling service users to build their digital literacy skills to tap into the resources available online, is part of day-to-day practice.

Topics covered:

- ⇒ **Assessing YOUR digital literacy;**
- ⇒ **Assessing client digital literacy;**
- ⇒ **Mental health help-seeking online;**
- ⇒ **The potential scope of e-mental health practice;**
- ⇒ **Evidence based practice supporting online mental health interventions;**
- ⇒ **E-mental health strategies to enhance the care/safety planning process:**
 - Self-management strategies
 - Client self-directed learning
 - Psycho-education
 - Apps: what, when, how,
 - Risk management and crisis support

More information about E-Mental Health:

Facebook group: 'e-mental health for health professionals'
Email Muriel: murielc@askaboutmentalhealth.ie

About the presenter:

Muriel Cummins is an occupational therapist with 14 years of clinical experience in both Ireland and Australia. Muriel holds a degree in Occupational Therapy (Hons), a Master of Public Health and is a member of AOTI, WFOT and OT Australia. Since 2011, she has worked in the delivery and development of a leading Australian online mental health service.

When:

Fri 18th March 9:30am to 11:45am

Who:

Mental Health Professionals working with youth 12-25 years

Where:

headspace Narre Warren Centre
66 Victor Crescent, Narre Warren, 3805
(Near Spotlight)

Cost:

\$50 per person - Limited places

Includes: Lite morning tea

Interested?

Complete the registration form on the reverse side and return via:

Fax: 03 9793 4992 or **Email:**
admin@headspacedandenong.com.au

headspace provides FREE-YOUTH FRIENDLY-CONFIDENTIAL EARLY INTERVENTION COUNSELING SERVICES TO YOUNG PEOPLE AGED 12-25 YEARS AND THEIR FAMILIES. To access headspace services call 1800 367 968 or walk-in to a centre



REGISTRATION FORM	
Training details:	
Course name:	E-Mental Health Strategy Workshop
Course date/s:	<input type="checkbox"/> Fri 18th March
Venue:	headspace Narre Warren
Personal details:	
Name:	
Organisation name:	
Mailing address:	
Contact number:	
Email address:	
Dietary or access requirements:	<input type="checkbox"/> Yes <input type="checkbox"/> No
Details of additional requirements:	
Payment details:	Sales invoice will be emailed to you to arrange payment
Name:	
ABN:	
Address:	
Cost (GST incl):	<input type="checkbox"/> \$50
headspace admin use:	headspace Admin to complete
Program:	HS_NATIONAL
Location:	headspace Narre Warren
GL Account Code:	6650
Do you want the invoice:	<input type="checkbox"/> Sent to the supplied email above <input type="checkbox"/> Return to headspace Admin
Form completed by:	Name: _____ Date: ____/____/2016
Terms and conditions	<p>Payment: South Eastern Melbourne phn will issue a sales invoice upon receipt of this Registration Form. Payment must be received and confirmed within 5 business days prior to the course start date to secure your place.</p> <p>Course Completion: NA</p>
Return completed forms via:	Fax: 03 9793 4992 <u>or</u> email: admin@headspacedandenong.com.au