

## PROTECTING OUR MENTAL HEALTH

A discussion workshop for recovery workers and disaster planners.

Date and Time	Venue
Wed 18 August 2010 6pm - 8pm	St Andrews "Old School" Community Centre, 35 Caledonia St, St Andrews
Thur 19 August 2010 6pm – 8pm	Whittlesea Community Activity Centre, 55 Laurel St Whittlesea
Tues 24 August 2010 6pm - 8pm	Wallan Multi-Purpose Community Centre, 42-80 Bentick St, Wallan. Entry off Wyndam St
Thur 26 August 2010 6pm – 8pm	CEACA Rooms, 38 Downie St, Alexandra

The workshops outline the five principles for recovery to assist wellbeing and mental health for all people after a disaster. The current application of the principles are primarily for counsellors and caregivers but there is a need to extend these into the work practices of all responders. These are discussion based workshops examining the implications.

**REGISTRATION IS ESSENTIAL . WORKSHOPS ARE FREE.**

By phone on 9427 0407 or email: [projectofficer@mhfa.org.au](mailto:projectofficer@mhfa.org.au). Light tea provided. By arrangement, we will provide a free workshop to any organisation for 10 or more people.

**WHO IS INVITED:** Any member of the public but especially any who served in the following capacities:

- CFA personnel
- Law enforcement personnel
- First responders in disasters
- Community leaders
- Disaster planners
- Public health and safety workers such as construction workers, body recovery workers, sanitation workers, and engineers;
- Teachers
- Politicians
- Religious leaders
- Support agencies
- Communications personnel
- Security officers
- HR managers
- Administrators in organisations including councils and schools

**ENQUIRIES: ALAN SUTHERLAND, PROJECT OFFICER, MENTAL HEALTH FOUNDATION OF AUSTRALIA: 03 9427 0407**



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