



AN INTRODUCTION TO MENTAL HEALTH

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PRESENTED BY:

BRYAN JEFFREY

FRIDAY, 26 JULY 2013

Mental Illness will most likely affect us all at some point in our life - be that directly or indirectly through our clients, friends or family members. Join Bryan as he clarifies the symptoms, causes and treatments for some of the major mental illnesses.

Areas covered will include: What is mental wellbeing? When does it become mental illness? Categories of mental illness (mood disorders, anxiety disorders, psychosis), causes of mental illness and treatment options - what really works?

Objectives:

- Understand the continuum of mental wellbeing and mental illness commonly seen in young people and adults
- Differentiate between presentation that are mood, anxiety, or psychosis based
- Understand the range of causes of mental illness
- List early intervention strategies to use when supporting clients, friends or family members with mental illness
- Understand the mental health service system, including its strengths and limitations

Suitable Audience:

- Carers & workers from foster, permanent, residential, adoptive & kinship care
- Family service workers
- Child protection workers
- Mental health professionals
- Youth Justice
- Teachers / teacher's aide
- Student welfare / wellbeing professionals



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Bryan Jeffrey is a psychiatric nurse with over 15 years clinical experience working with young people in care, both in Scotland and Melbourne. As the Director of MOAT: Mental Health, Bryan develops mental health training sessions, and delivers them throughout Australia, demystifying mental illness for a range of audiences interested in further developing their understanding of this growing area. Mental health doesn't have to be a confusing concept, however, some clinicians prefer to keep it that way. Bryan wants to help break down those barriers between that small group of elitist clinicians, and the people who actually provide the ongoing support to their clients.



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Friday, 26 July 2013

9.30am

Registration

10am - 4pm

Seminar

VENUE

Edgar-Lynch
Training & Meeting Rooms
3 St David Street
Fitzroy 3065

COST

Workers: \$195+GST
Carers / Full-time Students: \$180+GST

Refreshments, morning tea, lunch & notes provided

PAYMENT OPTIONS

- Cheques/Money Orders made payable to "Australian Childhood Trauma Group"
- Electronic direct deposit to: "Australian Childhood Trauma Group" BSB: 083 218 Account: 519 963 647
- Credit Card/ EFTPOS available on the day

Please provide remittance

RSVP

By Friday 19 July 2013. Please register via our website (preferred) or complete registration form and post/fax.

Cancellations must be received no later than 5pm, Friday 19 July 2013.

Places are limited so please register early to avoid missing out



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Complete this form for manual registration

Agency:

Program:

Contact Person:

Contact Number:

Email:

Mailing Address:

(Please provide billing contact details if different from agency details provided above)

Name & Email Address of Each Participant:

PARTICIPANT NAME	EMAIL ADDRESS	CARER / WORKER

- Participants will receive a letter of confirmation via email upon receipt of payment
- Please advise of any special requirements e.g dietary
- Receipts can be provided upon request

Seminar Enquiries and Registrations to:

info@theactgroup.com.au

PO Box 236, Fitzroy 3065

t 9415 6066 f 9415 6085 m 0419 853 888

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