



**Black Dog
Institute**



eMHprac

E-MENTAL HEALTH IN PRACTICE

e-Mental Health in Practice training for Peer Workers and Practice Nurses

Learn about evidence-based, low-intensity, Australian-made online treatment programs, most of which are free!

DATES / VENUES:

07 March 2019 - Fairway Room, Nowra Golf Club, 86 Fairway Drive, **North Nowra**

14 March 2019 - Narooma Golf Club, 1 Ballingalla Street, **Narooma**

21 March 2019 - Mercure Goulburn, 2 Lockyer Street, **Goulburn**

28 March 2019 - City Room, Level 2, The Central, Innovation Campus, Squires Way, **North Wollongong**

11 April 2019 - COORDINARE Office, Suite 110 Riverside Plaza, 131 Monaro Street, **Queanbeyan**

TIMES: All sessions - 10:45am registration, 11am to 1pm session, lunch provided from 1pm

COST: Free

Australia is moving towards a stepped care model of mental health treatment where the needs of each person are matched with the intensity of care they receive.

e-Mental health (eMH) treatments are an appropriate option for many people with mild to moderate conditions – and, in some cases, may be the only treatment required.

After attending this course, you will:

- understand what eMH means
- know how to find key e-MH resources for consumers
- have learnt ways to incorporate e-MH resources into your existing work

RSVP to events@coordinare.org.au

Please advise us which venue you will be attending and if you have any dietary requirements