

Non-Pharmacological Approaches for Enhancing Mental Health and Wellbeing

PHN EDUCATION SESSION / AVONDALE UNIVERSITY

In this event we will explore a variety of evidence-based strategies from the emerging disciplines of Lifestyle Medicine and Positive Psychology for enhancing mental health and wellbeing. Applications in clinical settings through short interventions will also be explored. The presentation will also showcase a unique mental wellbeing program, called The Lift Project, which is being offered for free to all primary care providers (GPs, ACCHS, Aged Care and NDIS providers, Allied Health providers, Pharmacists and Dental clinicians).

LEARNING OUTCOMES:

1. Recognise the value of non-pharmacological approaches for the prevention, management and treatment of mental health conditions.
2. Identify non-pharmacological strategies for the promotion of mental health and wellbeing.
3. Outline how non-pharmacological approaches can be utilised in clinical settings through brief interventions.
4. Review the use of The Lift Project as an intervention for mental health conditions.

SPEAKER: PROFESSOR DARREN MORTON - is an internationally recognised wellbeing expert who is currently the Director of the Lifestyle Medicine & Health Research Centre at Avondale University. He is a Fellow of the Australasian Society of Lifestyle Medicine and was the inaugural recipient of the society's "Change Maker" award. Darren was also one of four people selected worldwide to write the board certification exam for the International Board of Lifestyle Medicine.



WHO: GPs, ACCHS, Aged Care and NDIS providers, Allied Health providers, Pharmacists and Dental clinicians

WHEN: Wednesday 20th September 2023, 6.30pm – 7.30pm

RSVP: Please [CLICK HERE](#) to register