

# Mental Health, Alcohol & Other Drugs



**WAAMH**

Western Australian Association  
for Mental Health

## Online Interactive Learning

People often experience both mental health challenges and alcohol and other drugs (AOD) issues. The intersection of mental health and AOD use is recognised as presenting complex challenges across both domains. This course examines each challenge and its interrelationship with the other.

This course facilitates an understanding of how and why they frequently occur together, as well as strategies for working holistically and collaboratively to support people in their recovery. Participants will have the opportunity to develop their skills by using practice tools to respond to real-life scenarios.

### This course will support participants to:

- Develop their understanding of mental health/challenges, and alcohol and other drugs, including signs, symptoms and risk factors for mental health and/or AOD use issues; drug types and usage; common mental health challenges and models to understand substance use and dependence.
- Develop their understanding of the complex relationship between mental health challenges and alcohol and other drug use, including being able to identify risk factors, contributing factors and impacts of co-occurring challenges.
- Develop their confidence and competence in using evidence-informed strategies in their work with consumers.
- Knowledge of resources, services and referral pathways.
- Integrate their learning from this course into the work practice.

The fully interactive online training sessions will be facilitated by two of our experienced trainers who have extensive knowledge, skills and experience in the mental health field. The course will be delivered over two, 4-hour sessions, on consecutive days and participants will be supported to meaningfully engage with the course content and the other participants. Participants will be guided through activities to develop the practical application of the positive psychology skills.



28 + 29 April 2021



9am – 1pm



Zoom platform



\$170 - Full members  
\$195 - Associate members  
\$220 – Non-members

Scholarship places available



Custom courses available for workplaces. Talk to our training specialists about a suitable course for your staff.



### TRAINING INCLUDES:

Qualified & experienced trainers  
Personalised certificate  
Quality resources to keep

### TARGET AUDIENCE:

Suitable for staff working across a variety of settings including care services, housing, mental health, alcohol and other drugs, disability, first-aid, aged care and education.

### Contact us to register



[waamh.org.au](http://waamh.org.au)



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