**Mental Health Workshop**

**FAQs**

Learn strategies to help enhance your mental wellbeing, or your own wellbeing as someone in a support role. The focus of the workshop is to empower you, whether you are someone with anxiety and/or depression or of personal support to someone with anxiety and/or depression. The workshop is tailored to provide you with practical skills and techniques to assist you to manage your own or someone else’s anxiety and/or depression. The workshops will take place on September 19 and October 29, 2019 from 6:00pm -8:30pm. Please register for only **one** workshop.

**Who is the workshop suitable for?**

GMHBA members and non-members over 18 years of age, experiencing mild to moderate anxiety and/or depression. The workshop is suitable for those who are ready to learn more about their symptoms, gain strategies, implement techniques and utilise resources. The workshop is also suitable for support persons to those with anxiety and/or depression; this may be a family member or close friend. Persons with anxiety and/or depression and support persons are encouraged to attend together; however, it is not mandatory.

**How do I know if I’m suitable?**

You must have symptoms of mild to moderate anxiety and/or depression or you support someone with mild to moderate anxiety and/or depression. We suggest you speak to your doctor or healthcare professional if you are unsure if your symptoms are in the mild to moderate range and are suitable for this workshop.

**What does the workshop include?**

Join the workshop specialists in mental health training, from Mental Health Victoria, as they explore:

* What is mental health, prevalence in Australia, facts and statistics
* Information on anxiety and depression
* Techniques for maintaining mental wellbeing
* Identifying triggers
* Coping strategies

For more information on Mental Health Victoria go to: <https://www.mhvic.org.au/>

**What should I expect?**

The workshop will consist of discussion, group activities, brainstorm exercises and personal reflection. At the conclusion you will complete an evaluation questionnaire and be provided with a learner’s resource to take away to help you to implement the strategies gained. Throughout, there will be no expectation to share your experiences, but willingness to draw on your experiences will help you to get the most out of the workshop information and activities.

**Where is the workshop?**

The workshop will be held at the Deakin Cats Community Centre at GMHBA Stadium, Geelong. For directions and parking options see venue map attached.

**Does it cost to attend the workshop?**

No, there will be **no cost** for you to participate in the mental health workshop. GMHBA will cover the cost of one workshop per person.

**What is GMHBA’s role?**

GMHBA is committed to improving the mental health and wellbeing of others and is funding the implementation of the mental health workshops, presented by Mental Health Victoria, for GMHBA members and non-members.

**Disclaimer**

The workshops are not intended and do not constitute medical or other professional advice and the information provided in a workshop is not intended to diagnose, treat, cure or prevent any mental health or other medical condition. The information is not intended to and does not constitute medical or other advice. Information during the workshop is provided for educational and informational purposes only and is made available to you as tools to support your own wellbeing and that of others. GMHBA cannot and does not guarantee you will attain a particular result by participating in the workshop. The content provided during the workshop is designed to support, and not replace, mental health, medical or psychiatric treatment. Always seek the advice of your healthcare professional with any questions you may have regarding a mental health or other medical conditions or treatment and never disregard professional healthcare advice or delay in seeking it because of information provided during the workshop. GMHBA does not accept any legal liability or responsibility for the content of the advice or information provided during the workshop or any consequences arising from its use. Your use of, and reliance on, any information provided in any Workshop is solely at your own risk.

**Privacy, confidentiality & disclosure of information**

**GMHBA Ltd. will collect and use your personal information in order to conduct the Workshops and to contact you for post-Workshop surveys. If you have not completed each post-Workshop survey, one reminder will be sent by GMHBA Ltd. to you in relation to each non-completed survey. GMHBA Ltd. will share deidentified aggregated survey results with Mental Health Victoria.** Eventbrite collects personal data when you voluntarily provide information to the service such as when you register. Eventbrite may collect data that includes without limitation your name, address, email address and any other information that you choose to provide and/or that enables users to be personally identified to GMHBA Ltd.

GMHBA Ltd. will not use your identifiable information collected in the course of conducting the Workshops including your name, date of birth, actual age, your residential address and your health information for any purpose other than those specified in the above paragraph. GMHBA will otherwise only use and disclose de-identified, aggregated information collected from the Workshops including: Basic demographics of Workshop participants such as gender, average age, state, and whether registrants identified as a person with anxiety and/or depression or identified as a support person to someone with anxiety and/or depression; and

* Number of registrants per Workshop.
* Aggregated post-survey results.

This de-identified data will be utilised by GMHBA to evaluate the Workshops and establish what impact the Workshops have had on the mental health of participants and to confirm the value of the Workshops.

**GMHBA Ltd. is unlikely to disclose personal information overseas. Using Eventbrite outside of the United States requires registration details to be sent to the United States where servers are located.** That information may then be transferred within the United States or back out of the United States to other countries outside of your country of residence, depending on the type of information and how it is stored by Eventbrite. These countries (including the United States) may not necessarily have data protection laws as comprehensive or protective as those in your country of residence; however, collection, storage and use of your Personal Data will always continue to be governed by Eventbrite’s Privacy Policy which can be accessed at

<https://www.eventbrite.com.au/support/articles/en_US/Troubleshooting/eventbrite-privacy-policy?lg=en_AU>

**If you do not provide personal information as requested, you will not be able to participate in a Workshop.**

Please refer to GMHBA Ltd.’s Privacy Policy available at <https://www.gmhba.com.au/documents/GMHBA-Limited-Privacy-Policy.pdf> for more information **about how GMHBA Ltd. handles personal information including how to seek to access or correct personal information or submit a privacy complaint and how that complaint will be handled**.

**Please contact Mental Health and Wellness Coordinator at** [mentalhealthandwellnesscoordinator@gmhba.com.au](mailto:mentalhealthandwellnesscoordinator@gmhba.com.au) **in relation to any queries about the manner in which your personal information is handled by GMHBA Ltd.**

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com.au

A close up of a map

Description generated with high confidence