



**IMPROVE THE MENTAL HEALTH  
AND WELLBEING OF AUSTRALIA &  
NEW ZEALAND'S FIRST RESPONDERS**

**Monday  
6 March –  
Tuesday  
7 March 2023**

**RACV ROYAL  
PINES RESORT  
GOLD COAST QLD**

[anzmh.asn.au/fmhc-2023](https://anzmh.asn.au/fmhc-2023) | #FMHC23

HOSTED BY



Australian & New Zealand  
Mental Health Association

PLATINUM SPONSOR



HOSTCITY PARTNER

DESTINATION  
**GOLDCOAST.**

# Floor Plan

**Plenary Sessions:** Room 1 - Prince Room

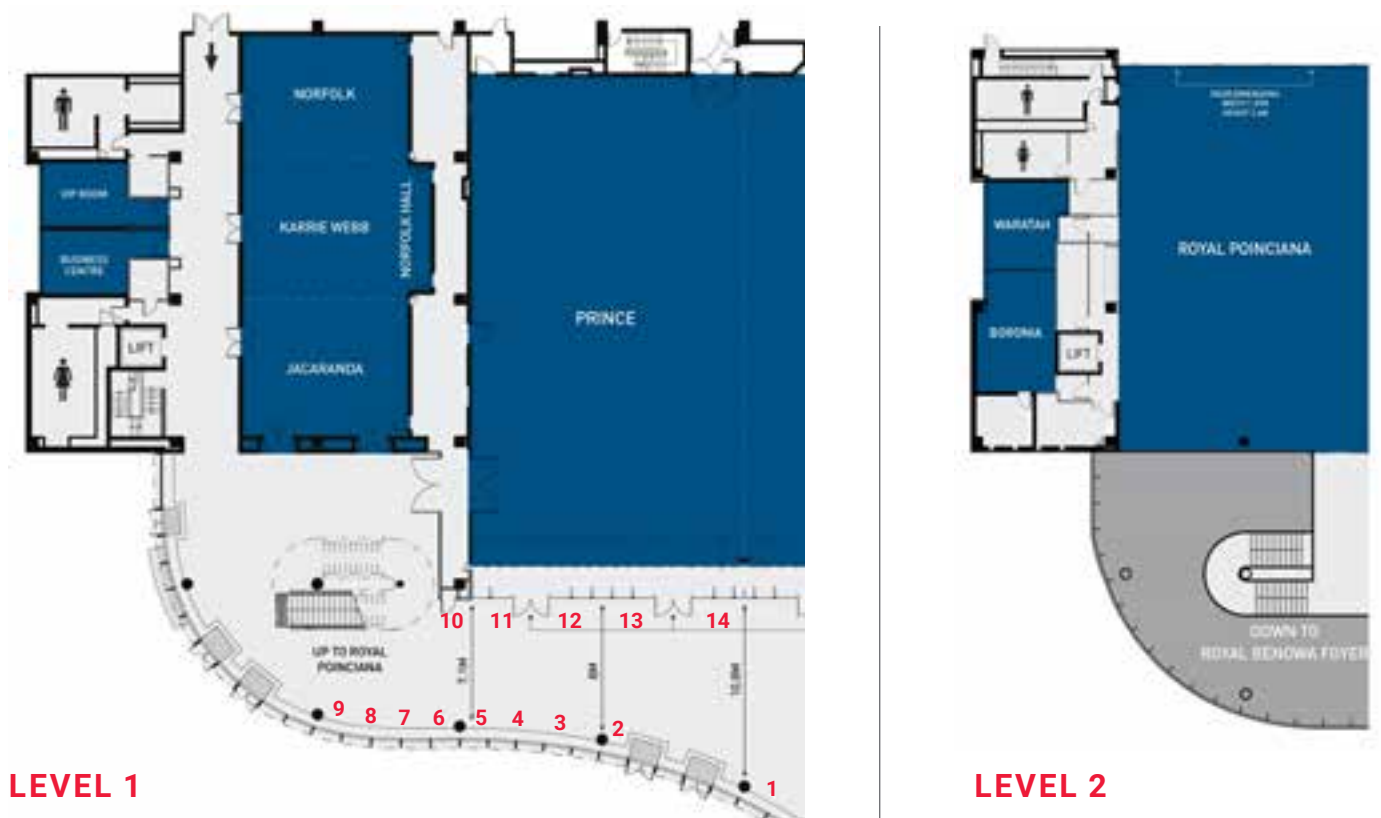
**Breakout Sessions:** Room 1 - Prince Room, Room 2 - Royal Poinciana, Room 3 - Norfolk Hall

**Speakers Prep:** Business Centre

**Poster Presentations:** Prince and Jacaranda Foyer

**Exhibition:** Prince and Jacaranda Foyer

**Catering:** Prince and Jacaranda Foyer



## EXHIBITOR LISTING

- |   |  |
|---|--|
| 1. Australian & New Zealand Mental Health Association | 9. Disaster Relief Australia                               |
| 2. Fortem Australia                                   | 10. LivingWorks Australia                                  |
| 3. Standby Support After Suicide                      | 11. Queensland University of Technology - eMHPrac          |
| 4. IPAR Rehabilitation & Access Psych                 | 12. St John of God Richmond & Burwood Hospitals            |
| 5. Emerge & See                                       | 13. Guardian Exercise Rehabilitation                       |
| 6. Office of Industrial Relations                     | 14. Military and Emergency Service Health Australia (MESA) |
| 7. Mantle Health                                      |  |
| 8. Aurora Healthcare                                  |  |



It is my great pleasure to welcome you to the 2023 Frontline Mental Health Conference. In its fourth year, we once again bring the Conference to you from the lovely Gold Coast and, of course, online!

This year we celebrate collaboration. We explore all the ways working together has benefitted individuals, groups, and organisations over the past year. We examine and analyse significant areas of research and continue our inquiry into mental health issues for our frontline workers. The search for answers, support, backup, and relief for all who are suffering from, or touched by, mental health issues is ongoing, and we bring so much of this valuable content together here this year.

The program for 2023 is especially rich in content with incredible keynote speakers. The 2023 Program Advisory Committee is to be congratulated on their strong networks and their work to bring key personnel to the conference with the sole focus of enriching the futures of frontline workers. Working collaboratively started with the organisation of the conference and is now reflected in the depth of the conference content.

The 2023 Frontline Mental Health Conference is a safe space. On behalf of the Committee and the Australian and New Zealand Mental Health Association, I encourage you to engage with each other, interact with the presenters, keynote speakers, and sponsors, and absorb as much information as you can to support you as an individual, or in your role with a frontline organisation or support agency. Whatever your background, there is a role for you to play in the conference this year as we pave the way to working together and collaboratively scripting new narratives around the management of mental health for frontline workers.

Keep an eye out for the Committee members so you can stop and say hello. I look forward to meeting many of you in person and, as always, will treasure the opportunity to hear your story.

**Dr Kate Martin** | Conference Chair

## Acknowledgement

We would like to acknowledge the valuable contribution of all **committee members** and **session chairs** for their time and expertise with the conference program.

## Program Committee

**Dr Kate Martin**, Director, College for Law, Education and Training (Conference Chair)

**Stuart Bartels**, Executive Director, Australian Institute of Police Management

**Senior Sergeant Todd Best**, Senior Project Officer, Wellbeing Strategy Team, Queensland Police Service

**Adrian Burke**, Director, Response Mental Health Peer Support

**Lieutenant Colonel Jacqueline Costello**, Commanding Officer, 1st Psychology Unit, Australian Defence Force

**Dr Sadhbh Joyce**, Senior Psychologist & Co-Founder, Mindarma and The Black Dog Institute

**Tara Lal**, Senior Firefighter and Peer Supporter, Fire and Rescue NSW

**James Maskey**, Engagement Manager, Fortem Australia

**Matt Newlands**, Lived Experience Stakeholder Engagement Manager, Military and Emergency Services Health Australia (MESH)

**Tony O'Day**, Assistant Chief Fire Officer, Interoperability, Fire Rescue Victoria

**Dr Loretta Poerio**, Senior Mental Health Adviser, Department of Veterans' Affairs

**Buck Reed**, Lecturer in Paramedicine, Western Sydney University

**Adele Saunders**, Psychologist, Manager Wellbeing & Psychological Services, St John NZ

**Pip Weiland CSC**, Regional Director South Queensland, Open Arms - Veterans and Families

# General Information

The following information is provided to make your attendance at the **2023 Frontline Mental Health Conference** as pleasant as possible. If you require assistance, please visit the conference team at the registration desk.

## REGISTRATION AND INFORMATION DESK

The registration desk will be located in the Prince Foyer of the RACV Royal Pines Resort. The hours of operation are as follows:

<b>Monday 6 March</b>	<b>7:45am – 5:00pm</b>
<b>Tuesday 7 March</b>	<b>8:00am – 4:30pm</b>

## NAME BADGE

Please collect your name badge from the registration desk and wear it each day as it is your official pass to all sessions, exhibition, morning tea, lunch, afternoon tea and the social function.

## WI-FI

Complimentary Wi-Fi internet is available in all event areas using the following login:

**Network: RACV Conference**  
**Password: racvconference**

## Key Contacts



### Conference Manager

Justine White  
T: 0427 261 616  
E: fmhc@anzmh.asn.au

### Program & Research Manager

Rachel Tookey  
T: 0431 917 300  
E: research@anzmh.asn.au

### Head of Partnerships

Talitha Natt  
T: 0451 602 265  
E: partner@anzmh.asn.au

## MOBILE PHONES

Please ensure all mobile phones are switched to silent while in conference sessions.

## DRESS CODE

The dress code is smart casual.

## ON-SITE COUNSELLOR

During the conference, if you feel the need to speak to someone, please contact:

**Mishayla Beringer - 0457 439 423**  
**Alana Stephen - 0459 812 718**

We are here to support you.

## CONFERENCE CATERING

All catering will be served in the Prince and Jacaranda Foyer with the exhibitors and poster presentations.

## NETWORKING FUNCTION

The networking function will be held on Monday 6 March from 5:00pm – 6:00pm in the Prince and Jacaranda Foyer. Canapes, beer, wine, and soft drinks will be served.

## ACCOMMODATION

Accommodation accounts must be settled with the hotel on checkout. The Committee and/or Conference Secretariat are not responsible in any way for outstanding accommodation accounts.

## RESOURCE CENTRE

As part of your conference registration, you receive access to the 2023 Frontline Mental Health Conference presentation recordings. This online library includes presentation slides and video recordings that can be watched on demand for 30 days. Your login details will be sent to you via email approximately five business days after the conference.

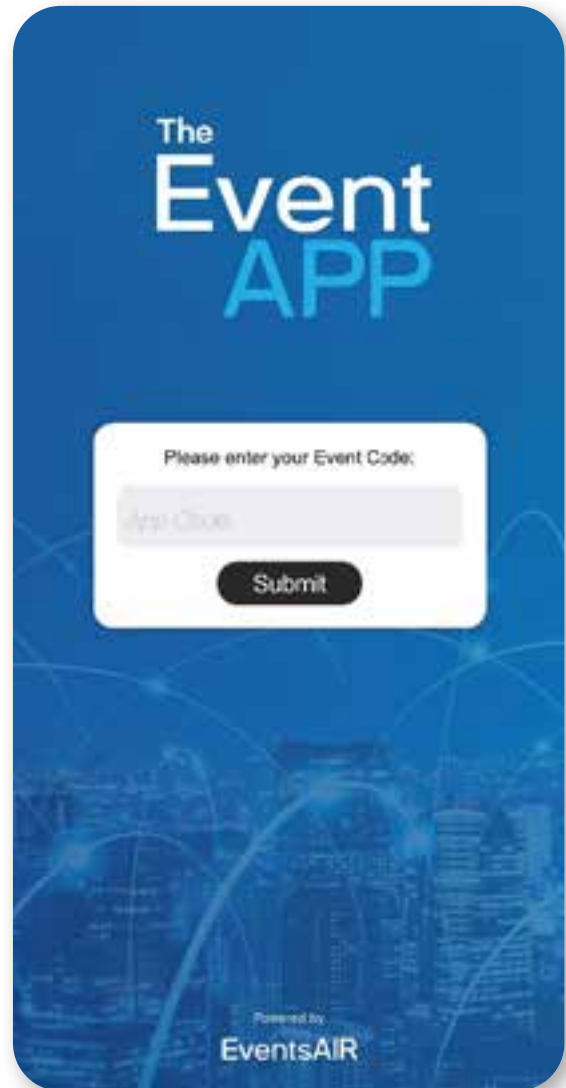
## COVID SAFE

Please stay home if you are feeling unwell or showing symptoms of COVID-19 – fatigue, shortness of breath or fever. Whilst masks are no longer mandatory, you are welcome to bring and wear your own.

# Want to Make the Most of Your Conference Experience?

**DOWNLOAD THE CONFERENCE APP!  
SIMPLY FOLLOW THESE EASY STEPS:**

1. Visit the app store on your Apple or Android device
2. Search 'The Event App by EventsAir' and download
3. **Open and enter event code FMHC23**
4. Your name badge has your login and pin!



## App Features

**Stay up to date and connected during the 2023 Frontline Mental Health Conference.**

**PROGRAM:** Create your own personal schedule and view the latest program details.

**SPEAKERS:** Read speaker biographies and presentation overviews.

**NETWORK:** Connect with fellow delegates and network via in-app messaging.

**CONNECT:** View who has joined us as an exhibitor and sponsor.

**GAMIFICATION:** Compete for prizes – it's fun and easy.

## WE KNOW THAT SOMETIMES YOU JUST WANT TO TAKE A LITTLE TIME OUT FROM THE CONFERENCE.

We recommend using the tables and chairs outside the conference area.

If you want to enjoy some more fresh air, there is a short Exercise/Nature Walk shown on the map below that you are welcome to explore.

### RESORT SITE MAP



#### Map Key

- 1 Hotel
- 2 Convention Centre
- 3 One Spa
- 4 Chapel
- 5 Undercover Tennis Courts
- 6 Tees' Clubhouse
- 7 Golf & Tennis Pro Shop
- 8 Outdoor Tennis Courts
- 9 Undercover Car Parking
- 10 Driving Range
- 11 Children's Playground
- 12 Outdoor Pool & Water Park
- 13 Pirie Sports Field & the Hub
- 14 Podium Lawns

**-- Exercise / Nature Walk** Please note that walking / jogging is not allowed on the Golf Course. Please adhere to marked route.

**-- Walking Track to Metricon Stadium** Metricon Stadium is an easy 15 minute walk south along Ross Street

**-- Walking Track to Benowa Village** Local shopping centre is a short 5 minute walk

# FOLLOW US

Australian and New Zealand Mental Health Association

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**GIVEAWAY  
GIVEAWAY  
GIVEAWAY**  
USE HASHTAG  
**#FMHC23**  
TO ENTER THE  
DRAW



**Get social with us!**

Win one of two prizes:

In-person registration to #FMHC24 or

In-person registration to any ANZMHA conference!

♥ 142 💬 37 👤 27

# Keynote Presenters



## **Belinda Connell**

NSW/ACT Training Manager, LivingWorks Australia

**Suicide First Aid Intervention Dissemination in First Responder Settings**  
**Tuesday 7 March | 3:10pm – 3:40pm**

Belinda Connell has been a registered Social Worker for 25 years and has over 10 years' experience in suicide prevention, delivering LivingWorks' suicide intervention training in Australia and overseas. Prior to joining LivingWorks, Belinda worked in Government and Non-Government sectors and has also served as a sworn Police Officer with the NSW Police Service. This experience has helped her establish and nurture relationships with first responders, ultimately building LivingWorks' network of safety. As State Training Manager for NSW and ACT, Belinda oversees and supports a network of more than 190 LivingWorks ASIST and safeTALK trainers, and sits on the Suicide Prevention Australia NSW/ACT Joint Committee.



## **Professor Sam Harvey**

Executive Director and Chief Scientist, Black Dog Institute

Sam Harvey is a Professor of Psychiatry and the Executive Director and Chief Scientist of the Black Dog Institute. Over the last 10 years he has led Australia's largest program of research focused on the mental health of frontline workers. Together with Prof Richard Bryant, he established the Bushfire Support Service after the 2019/20 bushfires, which has now transformed into Australia's National Emergency Worker Support Service (NEWSS).

**Keynote Panel: Black Dog Institute Reflecting Back and Looking Forward**

**Tuesday 7 March | 8:40am – 9:40am**



## **Dr Mark Deady**

Senior Research Fellow, Black Dog Institute

**Keynote Panel: Black Dog Institute Reflecting Back and Looking Forward**  
**Tuesday 7 March | 8:40am – 9:40am**

**Developing a Smartphone App to Enhance**

**Frontline Worker PTSD Treatment**

**Tuesday 7 March | 9:40am – 10:10am**

Dr Mark Deady is a UNSW Senior Research Fellow based at the Black Dog Institute, and the Research Lead within the Workplace Mental Health Research Program. He has over thirteen years research experience in the field of mental health and substance use disorders. Dr Deady has extensive expertise in the development of digital interventions, online service delivery, clinical trial evaluation and workplace mental health. His primary research interest is in improving access to evidence-based prevention and early intervention through technology and the translation of research into practice, particularly in vulnerable populations including young people and high-risk workforces.



## **Sergeant Matt Ireland**

Respectful Workplace Officer, NSW Police Force

**The Camino and PTSD: How Walking 850km Changed My Life**

**Monday 6 March | 3:20pm – 3:50pm**

Sgt Matt Ireland is in his 23rd year within the NSWPF. He has served within metropolitan, regional and remote areas of NSW. He spent 6 years with the NSWPF Mental Health Intervention Team. Sgt Ireland has an Honours Degree in Psychology and was a PhD candidate in 2018 when he was seriously assaulted whilst on duty. After a significant time out of the workplace following a diagnosis of PTSD, he now holds a position within the NSWPF People and Capability Command. In 2022 he walked the Camino de Santiago - an 850km journey across Spain.



## **Dr Aimee Gayed**

Postdoctoral Research Fellow, Black Dog Institute

**Keynote Panel: Black Dog Institute Reflecting Back and Looking Forward**  
**Tuesday 7 March | 8:40am – 9:40am**

Dr Aimee Gayed is a registered psychologist with experience in research, professional education and clinical settings across mental health and criminological domains. Aimee has been with the Workplace Mental Health Research Team at the Black Dog Institute, UNSW since 2015. The primary focus of her research is developing and evaluating tailored training for managers, to help them better understand and better support the mental health needs of the staff they supervise. She is also leading research with employees in high-risk industries investigating the benefits of evidence-based workplace interventions designed to address psychosocial risk factors and promote more mentally healthy workplaces.



## **Megan Kingham**

Director Staff Health, People & Culture, NSW Ambulance

**Keynote Pan-Shop: What is Collaboratively Scripting, and Who is Going To Do It?**

**Monday 6 March | 8:50am – 10:10am**

Megan has worked in health and wellbeing for nearly 20 years. She launched Australia's first national corporate health and wellbeing program at AGL in 2005 and since then has worked in a variety of settings, including tertiary education and the private sector. Megan has been the Director of Staff Health at NSW Ambulance since January 2020 where she leads a team of brilliant people who strive every day to provide best practice, employee centred support to more than 7000 employees.

# Keynote Presenters



**Commissioner Dominic Morgan ASM**  
NSW Ambulance

**The Next Normal**  
**Monday 6 March | 3:55pm – 4:25pm**

Commissioner Dominic Morgan has over 30 years of ambulance experience across a broad range of roles in the areas of operations, clinical practice and leadership within Ambulance Services and the Financial Sector. After commencing his career with NSW Ambulance, he was appointed as Chief Executive Officer of Ambulance Tasmania in 2009 and returned to NSW Ambulance in 2016 as Commissioner and Chief Executive.

He is a Board member and past Chair of the Australasian Council of Ambulance Authorities, the peak body representing the Ambulance sector in Australia, New Zealand and Papua New Guinea and he has also chaired a number of international sub-committees. He is also a member of the Ambulance Service Advisory Board. Dr Morgan has a number of professional affiliations including Adjunct Professorship with the University of Technology, Sydney, as well as being a Registered Paramedic.

Dominic holds a Diploma in Education, Bachelor of Health Science and a Master of Business Administration. He completed his PhD in 2018 through the University of NSW in Medial Research.



**Hugh Strong**  
Deputy Group Officer - Training | Queensland Rural Fire Service | Stanthorpe RFS Group

**Keynote Pan-Shop: What is Collaboratively Scripting, and Who is Going To Do It?**  
**Monday 6 March | 8:50am – 10:10am**

Hugh Strong commenced with the Queensland Rural Fire Service in 2014. He is a Crew Leader and Brigade Training Officer with Glen Aplin Rural Fire Brigade as well as a member of the Queensland RFS Remote Area Operations team or RAFT. Hugh was elected to the position of Deputy Group Officer for Training for the Stanthorpe Group in October 2022. He has lead crews during the 19/20 Black summer fires as a crew leader, sector commander and divisional commander as well as acted in the role of deputy strike team leader during deployments interstate and been part of strike teams to flood zones assisting in recovery efforts.

Outside of the RFS, Hugh works for the Federal Government in the welfare sector dealing with the vulnerable in areas such as domestic violence, natural disaster recovery and welfare payments as well as being a first aid officer and mental health first aid officer. Hugh also is a self-defence instructor assisting domestic violence and assault survivors rediscover their strength and confidence.



**Leona Tan**  
PhD Candidate, Black Dog Institute, University of New South Wales

**Keynote Panel: Black Dog Institute Reflecting Back and Looking Forward**  
**Tuesday 7 March | 8:40am – 9:40am**

Leona Tan is PhD Candidate based at the Black Dog Institute and University of New South Wales. Her PhD aims to investigate the feasibility and effectiveness of mind-body resilience training to prevent the development of trauma related mental health disorders in first responders. Her excellence in research has been recognised by numerous competitive awards including the 2021 John Raftery Early Career Award for Research in Traumatic Stress. Her research has also influenced organisational policies within local and international first responder organisations, as well as the World Health Organization in their development of guidelines for high-risk industry groups, including first responders.



**Cameron Watts**  
Managing Director, Capital Integrity and Fortem Australia Ambassador

**Keynote Pan-Shop: What is Collaboratively Scripting, and Who is Going To Do It?**  
**Monday 6 March | 8:50am – 10:10am**

Cameron is the Founder and Managing Director of Capital Integrity, a strategic counsel and government relations consultancy that helps clients in the tech and cyber fields engage with government and industry.

Cameron served fourteen years in the Australian Federal Police, most of this time in leadership roles, and as an AFP advisor to the federal government. He also led some of Australia's biggest corporate criminal matters including foreign bribery and corruption investigations.

Cameron has deep expertise in engagement with senior decision makers in government both domestically and internationally and uses this expertise to align the needs of government and his clients.

Cameron is a strong advocate for first responders and the need to provide support to this under resourced cohort, and he and his wife Sharn are both proud Fortem Australia Ambassadors.



**Commissioner Georgeina Whelan**  
Commissioner of ACT Emergency Services Agency (ACT ESA)

**Same Same But Different: The Challenges and Achievements In Establishing Mental Wellness Programs Across A Multi Discipline First Responder Agency.**  
**Tuesday 7 March | 3:45pm – 4:15pm**

Georgeina Whelan graduated from Officer Training in June 1988. She has extensive experience in the command and management of Defence health systems, and military and civilian disaster and emergency response. As an Army Officer, Brigadier Whelan deployed to East Timor in 1999 and to Banda Aceh, Indonesia on Operation Sumatra Assist in command of the ANZAC Field Hospital in 2005. She has completed several leadership, management, and tertiary programs over the past two decades.

Georgeina joined the ACT Emergency Services Agency as the Chief Officer of the State Emergency Service in late October 2017. She was subsequently appointed as the Commissioner of the ACT Emergency Services Agency in September 2019. She was appointed as the ACT Emergency Controller and led the ACT response to the 2019 Black Summer Fires. She remains engaged with Defence through Reserve Services as a project officer within the Directorate of Army Health.

Georgeina was awarded a Conspicuous Service Cross (CSC) in 2004 and was made a Member of the Order of Australia (AM) in 2006 and awarded a Bar to her Conspicuous Service Cross in the 2016.

She was named ACT Telstra Businesswoman of the year in 2015 and awarded the ACT Public Service Award for Leadership in 2019.

Georgeina is the patron of the ACT Down Syndrome Association and sits on several research and advisory boards that focus on the provision of health and wellness programs to both ADF and Australian Emergency Service First Responders. She is also a member of the Australasian Fire and Emergency Services Male Champions of Change Coalition.

Georgeina is married to Gary a retired Army Officer and Fire Fighter and they have four children. Georgeina's interests include coaching netball, following the NRL, cooking and watching Gary gardening.

# Responding to a suicide?

**We are on StandBy.**

**StandBy** is Australia's leading program dedicated to assisting people and communities bereaved or impacted by suicide.

This free service can **help First Responders to refer and connect those bereaved** or impacted by suicide to support services.

If you or your colleagues need support, we also work with **First Responders**.

Support is available anywhere in Australia.

**1300 727 247**



For free support resources and more information visit

**[standbysupport.com.au](https://standbysupport.com.au)**



*StandBy - an initiative funded by the Australian Government*



**LIVINGWORKS**

*40 Years of Building Hope*

# **Leading suicide prevention training across health, Defence, workplaces, schools and the community.**

Celebrating 40 years of LivingWorks ASIST.  
Helping to keep Australians safe from suicide.



*Get in touch to book your training now*

# Program | Day 1

	Room 1 (Prince Room) - Virtual via OnAIR	Room 2 (Royal Poinciana) - In Person Only	Room 3 (Norfolk Hall) - In Person Only	Virtual only via OnAIR
<b>7:45am - 8:30am</b>	<b>Registration Open</b> Welcome! Come and say hello to the Conference Team and collect your Name Badge!			
<b>8:30am - 10:10am</b>	<b>Conference Opening</b> <b>Welcome to Country</b> <b>Welcome &amp; Housekeeping</b> Dr Kate Martin, Director, College for Law, Education and Training (Conference Chair) <b>Keynote Pan-Shop: What is Collaboratively Scripting, and Who is Going To Do It?</b> Moderator/Keynote Panelist: Dr Kate Martin, Director, College for Law, Education and Training Keynote Panelist: Megan Kingham, Director Staff Health, People & Culture, NSW Ambulance Keynote Panelist: Hugh Strong, Deputy Group Officer - Training, Queensland Rural Fire Service, Stanthorpe RFS Group Keynote Panelist: Cameron Watts, Managing Director, Capital Integrity and Fortem Australia Ambassador			
8:30am – 8:40am				
8:40am – 8:50am				
8:50am – 10:10am				
<b>10:10am - 10:40am</b>	<b>Morning Tea with Exhibitors</b>			
Presentation Stream Names	<b>Studies, Case Studies, Peer Program</b> <b>IN PERSON &amp; VIRTUAL</b> Chair: Tony O'Day	<b>Thinking Inside and Outside the Box - Diversity in Treatment Models #1</b> <b>IN PERSON ONLY</b> Chair: Peta Dampney	<b>Self Care, Burn Out #1</b> <b>IN PERSON ONLY</b> Chair: Matt Newlands	<b>Pre-Recorded Presentations</b> <b>ONLINE ONLY</b>
10:40am – 11:00am	<b>A Wholistic Approach to Mental Health: FRV, a Case Study</b> Irina Tchernitskaia and Zane Jenkins, Fire Rescue Victoria	<b>Examining the Outcome of Multiprogram Care Pathways for Psychological Injury</b> Janja Bojanic, St John of God and Professor Zachary Steel, Trauma and Mental Health	<b>Why Mindful Self-Compassion and Proactive Self-Care is Central to Replenishing Vital Resilience Resources and Wellbeing Among First Responders</b> Dr Sadhbh Joyce, Mindarma	
11:05am – 11:25am	<b>The Essential Network (TEN): Adaptations to Navigate Burnout</b> Dr Matthew Coleshill, Black Dog Institute	<b>Lifestyle Psychiatry and Its Place in Managing Psychological Injury Claims</b> Riley Bartholomew, Guardian Exercise Rehabilitation	<b>Navigating Professional Dangerousness: Preventing risk of unsafe practice and burnout</b> Nikki Butler, Nikki Butler Consultancy	<b>Understanding and Facilitating Best Practice within Peer Support Programs</b> Dr Ellie Lawrence-Wood, Phoenix Australia Centre For Posttraumatic Mental Health
11:30am – 11:50am	<b>Peer Designed and Led Wellbeing Programs</b> Narelle Mason, Military And Emergency Services Health Australia	<b>Filling the Mental Health Gaps to Make the Inaccessible Accessible</b> Natalie Wild, Redefine Life	<b>The Double-Sided Coin of Diversity and Mental Health in Workplaces</b> Seraphim Jovanov, Brain Mind & Wellbeing	<b>Nature Based Therapy - Reconnecting to our Authentic Self</b> Kit Kline, Nature Based Therapy
11:55am – 12:15pm	<b>Supporting Correctional Officer Wellbeing: Preliminary Mixed Method Results</b> Olivia Miller, Queensland University of Technology	<b>Creative Prescribing in Trauma Recovery with First Responders</b> Caroline McLaren, Makeshift	<b>Community Connections - "Finding Your Tribe" Outside the Job</b> Emma Nicholson, Queensland Police Service	<b>Compassion Training for Frontline Workers</b> Dr Debbie Ling, Monash University

Please refer to the website and mobile app for the most up to date version of the program and to read overviews of each session.

	Room 1 (Prince Room) - Virtual via OnAIR	Room 2 (Royal Poinciana) - In Person Only	Room 3 (Norfolk Hall) - In Person Only
<b>12:15pm - 1:15pm</b> Presentation Stream Names	<b>Lunch with Exhibitors</b>  Burnout & Self Care #2 IN PERSON & VIRTUAL Chair: Tara Lal	Upskilling Frontline Workers IN PERSON ONLY Chair: Stuart Bartels	Develop and Sustain a Mentally Healthy Workforce #1 IN PERSON ONLY Chair: Dr Loretta Poerio
1:15pm – 1:35pm	<b>Fuelling the Fire. Can Diet Prevent, Treat and Beat Depression?</b> Holly Hoskins, Queensland Police Service and Amanda Smyth, Mood Food - Nutrition for Mental Health	<b>Upskilling Frontline Workers about Online Mental Health Resources</b> Heidi Sturk, Queensland University of Technology - eMHPPrac	<b>Delivering Wellbeing &amp; Resilience Training to Correctional Staff</b> Natalie Tuckey, Be Well Co
1:40pm – 2:00pm	<b>Simplicity: The Antidote to Overwhelm and Burnout</b> Brendan Mooney, Brendan Mooney Psychology	<b>Wellmob: A Digital Library of Wellbeing Resources for Indigenous Australians</b> David Edwards and Sharnie Roberts, University of Sydney - eMHPPrac	<b>Are They Triple OK? In the Workplace</b> Kathleen Tan, R U Ok? and Dennis Taylor AFSM, South Australian Metropolitan Fire Service
2:05pm – 2:25pm	<b>Positive Psychology Tools For Frontline Mental Health</b> Dr Caroline Macari, Careflight NSW	<b>Talking the Talk: Using Mentally Safe and Trauma Informed Language</b> Peta Dampney, From Me To You Consulting	<b>Can Mental Health Screening Increase Help-Seeking for First Responders?</b> Dr Aimee Gayed, Black Dog Institute
2:30pm – 2:50pm	<b>Refilling the Cups of Those Who are Trained to Give</b> Clare Bartholomew, Icon Group	<b>Workplace Mind-Body Resilience Training for First Responders</b> Leona Tan, Black Dog Institute	<b>Ambulance Victoria Mental Health and Wellbeing Action Plan 2022-2025 – Deepening the Consultation and the Conversation!</b> Danielle North, Ambulance Victoria
<b>2:50pm – 3:20pm</b> 3:20pm – 4:45pm	<b>Afternoon Tea with Exhibitors</b>  <b>Join us for these inspiring Keynote presentations!</b>  <b>Keynote Session Chair</b>  <b>James Maskey</b> , Engagement Manager, Fortem Australia		
3:20pm – 3:50pm	<b>The Camino and PTSD: How Walking 850km Changed My Life</b> Sergeant Matt Ireland, NSW Police Force		
3:55pm – 4:25pm	<b>The Next Normal</b> Commissioner Dominic Morgan ASM, NSW Ambulance		
4:25pm – 4:35pm	<b>Q&amp;A with Keynote Presenters</b>		
4:35pm – 4:45pm	<b>Conference Day 1 Wrap-Up</b> Dr Kate Martin, Director, College for Law, Education and Training (Conference Chair)		
4:45pm – 5:00pm	<b>Poster Presentations</b> (See listing on page 14)		
5:00pm – 6:00pm	<b>Welcome Networking Function</b> Meet the industry's top vendors at the end of day 1 - a unique opportunity to meet and connect with our sponsors, exhibitors and speakers. Drinks and canapes will be served.		
6:30pm – 8:00pm	<b>Optional Pay Your Own Way Dinner</b> - Trattoria Amici at RACV Royal Pines Resort. We know you want to make the most out of your day, so we've organised a venue for you to continue to network and enjoy dinner with your peers and new friends.		

Please refer to the website and mobile app for the most up to date version of the program and to read overviews of each session.

## POSTER PRESENTATIONS

### Venue Foyer and Virtual via OnAIR

#### **Respond, Don't React: Developing A Defence Stress and Trauma Workshop**

Kirsti Claymore, Kylie Druett, and Andrew Mostyn, ADF Centre for Mental Health

#### **Fostering Connectedness and Resilience Through Physical Health and Wellbeing Activities**

Natasha Grabham, Fortem Australia

#### **Burnout Prevention: A Needs Analysis**

Olivia Keene, NeuroFrontiers

#### **Creative Prescribing in Trauma Recovery with First Responders**

Caroline McLaren, Makeshift

#### **Frontline: Murrumbidgee Suicide Prevention Self Care Guide for First Responders**

Anita McRae, Murrumbidgee Primary Health Network

#### **Why Are We Not 'Talking About It'?**

Jaqui O'Donohoe, Access Psych

#### **Emerge & See A Better Future With PTSD**

Pia Schindler, Emerge & See

#### **Workplace Mind-Body Resilience Training for First Responders**

Leona Tan, Black Dog Institute, University of New South Wales

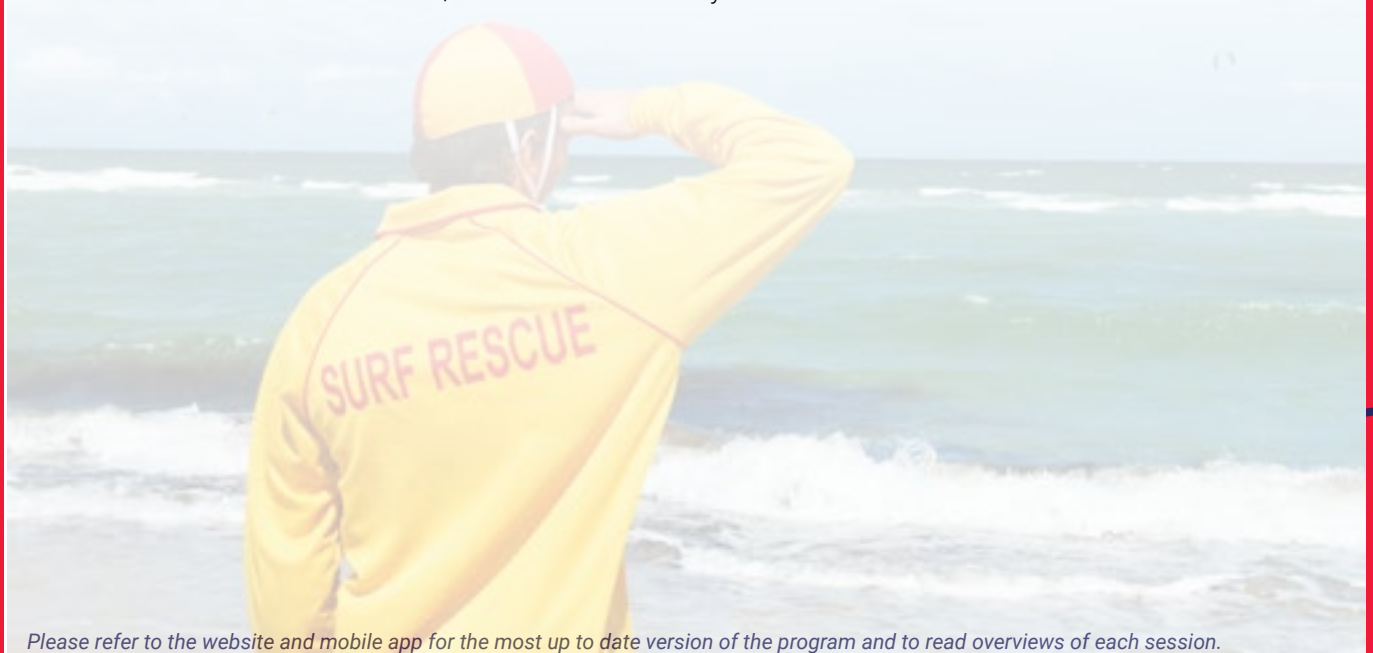
### Virtual Only via OnAIR

#### **The SIX Cs Model for Psychological First Aid**

Dr Moshe Farchi, Tel-hai College, Israel

#### **Crafting Wellbeing**

Gudrun Schmidt, James Cook University Cairns



Please refer to the website and mobile app for the most up to date version of the program and to read overviews of each session.

# We'd Love Your Feedback!

Please scan the QR  
code at the conference  
to complete our short  
conference survey.



As a thank you for **completing this survey by Friday 10 March 2023**, you'll go into the draw to **win an Apple Watch SE, valued at \$400.00!**



# Program | Day 2

	Room 1 (Prince Room) - Virtual via OnAIR	Room 2 (Royal Poinciana) - In Person Only	Room 3 (Norfolk Hall) - In Person Only
<b>8:30am - 10:10am</b>	<b>Opening Keynote Session</b>		
8:30am – 8:35am	<b>Welcome &amp; Housekeeping</b>		
	Dr Sadhbh Joyce, Principal Psychologist, Mindarma and External Fellow, Black Dog Institute		
8:35am – 8:40am	<b>A Mindful Pause</b>		
	Dr Sadhbh Joyce, Principal Psychologist, Mindarma and External Fellow, Black Dog Institute		
8:40am – 9:40am	<b>Keynote Panel: Black Dog Institute Reflecting Back and Looking Forward</b>		
	Moderator: Dr Sadhbh Joyce, Principal Psychologist at Mindarma and External Fellow, Black Dog Institute		
	Keynote Panelist: Professor Sam Harvey, Executive Director and Chief Scientist, Black Dog Institute		
	Keynote Panelist: Dr Mark Deady, Senior Research Fellow, Black Dog Institute		
	Keynote Panelist: Dr Aimee Gayed, Postdoctoral Research Fellow, Black Dog Institute		
	Keynote Panelist: Leona Tan, PhD Candidate, Black Dog Institute, University of New South Wales		
9:40am – 10:10am	<b>Developing a Smartphone App to Enhance Frontline Worker PTSD Treatment</b>		
	Dr Mark Deady, Senior Research Fellow, Black Dog Institute		
<b>10:10am - 10:40am</b>	<b>Morning Tea with Exhibitors</b>		
Presentation Stream Names	The First Responder Family - A Central Plot in the Script IN PERSON & VIRTUAL Chair: Tara Lal	Open Topic 1 IN PERSON ONLY Chair: Tony O'Day	Open Topic 2 IN PERSON ONLY Chair: Dr Loretta Poerio
10:40am – 11:00am	<b>Experiences and Perceptions of LGBTQIA+ Service Personnel and Their Families</b> Philip Dobek, Military and Emergency Services Health Australia (MESHA)	<b>The Relationship between Masculinity and Mental- Health Stigma Among Correctional Officers</b> Tammy Hatherill, Holistic Health Services NT	<b>Early Prevention: Implementing Resilience Training into a First-Year Criminology Course</b> Dr Li Eriksson, Griffith University
11:05am – 12:05pm	<b>Panel Presentation - Spillover Stress: The Impact of Emergency Response Work on First Responder Families</b> James Maskey, Fortem Australia, Cameron Watts and Sharn Watts	<b>Panel Presentation - SHIELD - A Holistic Approach to Mental Health Across the Frontline Employee Lifespan</b> Dr Sara Quinn, Dr Renae Hayward and Tim Grenfell, Australian Federal Police	<b>Workshop - Using Neuroscience to Protect Our Nervous System: Burnout Prevention Workshop</b> Olivia Keene, NeuroFrontiers Burnout Prevention Clinic
<b>12:05 pm - 1:05 pm</b>	<b>Lunch with Exhibitors</b>		
Presentation Stream Names	Develop and Sustain a Mentally Healthy Workforce #2 IN PERSON & VIRTUAL Chair: Matt Newlands	Thinking Inside and Outside the Box - Diversity in Treatment Models #2 IN PERSON ONLY Chair: Jacquie Costello	The First Responder Family - A Central Plot in the Script #2 IN PERSON ONLY Chair: Shayne Connell 
1:05pm – 1:25pm	<b>Mindarma at NSW Ambulance</b> Dr Sadhbh Joyce and Zoe Wooldridge, NSW Ambulance	<b>SafeSide in Defence: Enhancing Suicide Prevention Culture, Practice, and Education</b> COL Laura Sinclair and Jennifer Harvey, Australian Defence Force Centre for Mental Health and Dan Mobbs and Mike Raftery, SafeSide Prevention	<b>Supporting Families During Transitions to Civilian Life: Co-creating Research- Based Resources</b> Dr Marg Rogers, University of New England
Please refer to the website and mobile app for the most up to date version of the program and to read overviews of each session.			

# Day 2 | Program

	Room 1 (Prince Room) - Virtual via OnAIR	Room 2 (Royal Poinciana) - In Person Only	Room 3 (Norfolk Hall) - In Person Only
1:30pm – 1:50pm	<b>Protecting Emergency Responders with Evidence-Based Interventions (PEREI)</b> Professor Reg Nixon, Flinders University	<b>Did Australia's New National Service for Frontline Workers Improve Outcomes?</b> Professor Sam Harvey, Black Dog Institute	<b>Family and Friends Supporting the Mental Health of Paramedics</b> Elle Glasic, Everymind
1:55pm – 2:15pm	<b>Using Virtual-Reality to Identify Deficits in Decision - Making in Stressed Workers</b> Associate Professor Bradley Wright, La Trobe University	<b>Commonality in Recovery - The Pelican, Echidna and The Frontline Member</b> Anne-Marie Elias, Currumbin Clinic	<b>Intervention Design: Intergenerational Trauma Transmission in Service Families</b> Karen May, MESHA
2:20pm – 2:40pm	<b>Practitioner Wellbeing: Addressing the Impacts of Vicarious Trauma</b> Tara Hunter, Full Stop Australia	<b>How Understanding Firefighters Experiences of Exposure to Suicide can Inform our Approach to Wellbeing and Suicide Prevention</b> Tara J Lal AFSM, University of New England & Fire and Rescue NSW	<b>Supporting Children's Understanding of Parents Work-Related Mental/ Physical Health Conditions</b> Dr Marg Rogers, University of New England
<b>2:40pm – 3:10pm</b>	<b>Afternoon Tea with Exhibitors</b>		
3:10pm – 4:20pm	<b>Join us for our final Keynote session!</b> <b>Keynote Session Chair</b> <b>Buck Reed</b> , Lecturer in Paramedicine, Western Sydney University		
3:10pm – 3:40pm	<b>Suicide First Aid Intervention Dissemination in First Responder Settings</b> Belinda Connell, NSW/ACT Training Manager, LivingWorks Australia		
3:45pm – 4:15pm	<b>Topic to be announced</b> Commissioner Georgeina Whelan, Commissioner of ACT Emergency Services Agency (ACT ESA)		
4:15pm – 4:30pm	<b>Conference Closing and Prize Draws</b> Dr Kate Martin, Director, College for Law, Education and Training (Conference Chair)		

Please refer to the website and mobile app for the most up to date version of the program and to read overviews of each session.



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Mental Health Association

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Our services are free, confidential and independent and focus on 4 key areas of assistance:

MEDICAL · LEGAL · WELL-BEING · FINANCIAL



[emergeandsee.org.au](http://emergeandsee.org.au)  
[@emergeandseensw](https://twitter.com/emergeandseensw)



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1220 Creek Road, Carina QLD 4152  
Admissions and Assessment: 1800 700 274  
T: 07 3398 0111 / [belmontprivate.com.au](http://belmontprivate.com.au)

Currumbin  
Clinic

37 Bilinga Street, Currumbin QLD 4223  
Admissions and Assessment: 1800 119 118  
T: 07 5534 4944 / [currumbinclinic.com.au](http://currumbinclinic.com.au)

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AccessPsych

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LivingWorks is the leading suicide prevention training provider and this year is celebrating 40 years of the world's gold standard, 2-day suicide first aid training, LivingWorks ASIST.

LivingWorks Australia specialises in suicide prevention training across health, Defence, workplaces, schools and community, with a strong focus on lived experience and supporting diverse populations. In 2023, LivingWorks will continue its roll-out of the largest schools/youth program of its kind, offering free suicide intervention training to all NSW teachers, parents and the community as part of a record investment from the NSW Government.

**Phone** 1300 738 382  
**Email** [info@livingworks.com.au](mailto:info@livingworks.com.au)  
**Website** [www.livingworks.com.au](http://www.livingworks.com.au)



## SILVER SPONSOR

### Guardian Exercise Rehabilitation

Guardian Exercise Rehabilitation's allied health clinicians provide prescription of therapeutic exercise-based programs for individuals afflicted with injury or illness, principally under a compensable-injury policy. The company was established in 2000 by Exercise Physiologist John McDonald, who had a vision of ensuring that structured physical activity was a key foundation of rehabilitation at the earliest time in the recovery journey for as many individuals as possible. At Guardian Exercise Rehabilitation, we offer exercise physiology services for a range of diagnosed mental illnesses including depression, anxiety and post-traumatic stress disorders – as well as, simply, ill mental health. Our programs act to complement traditional mental health interventions, such as psychotherapy and pharmacotherapy.

**Phone** 1800 001 066  
**Email** [admin@guardianexercise.com.au](mailto:admin@guardianexercise.com.au)  
**Website** [www.guardianexercise.com.au](http://www.guardianexercise.com.au)



## SILVER SPONSOR

### St John of God Richmond & Burwood Hospitals

St John of God Hospitals in Richmond & Burwood are private mental health hospitals providing comprehensive and holistic mental health care services. We recognise each person is an individual and offer a unique opportunity for recovery in a supportive and caring environment. Our experienced team provide the best care to clients and their families both in hospital or while receiving outpatient therapy.

Richmond's tranquil location on the outskirts of Sydney specialises in post-traumatic stress disorder (PTSD), anxiety and depression, drug and alcohol addictions and older adult mental health through personalised programs to help clients live a happy, healthy and fulfilled life. Inner Western Sydney's Burwood location offers a range of treatments for conditions including depression, mood disorders, anxiety, psychosis, perinatal mental health issues and general psychiatry services including ECT and TMS.

**Phone** 02 4570 6100  
**Email** [info.richmond@sjog.org.au](mailto:info.richmond@sjog.org.au)  
**Website** [www.sjog.org.au/richmond](http://www.sjog.org.au/richmond)



## BRONZE SPONSOR

### Emerge & See

Emerge & See is a free, independent and confidential Australian registered charity that supports, connects, educates and empowers NSW & ACT Emergency Service workers and their families about PTSD and other mental health-related issues. Our services are available to serving and retired NSW and ACT Emergency Service workers and their families.

Founded and run by medically retired Emergency Service workers with living experience we provide:

- Free online and face-to-face education and empowerment sessions
- Free online and face-to-face wellness and connection activities
- Free individual and group guidance, support, resources and referrals specifically in the areas of:  
**LEGAL | MEDICAL | WELL-BEING | FINANCIAL**
- Services across NSW & ACT including regional and remote areas
- Advocacy to promote and affect change that is underpinned by the voice of living experience that improves the mental health of NSW and ACT Emergency Service workers.

**Phone** 0402 279 300  
**Email** [info@emergeandsee.org.au](mailto:info@emergeandsee.org.au)  
**Website** [www.emergeandsee.org.au](http://www.emergeandsee.org.au)



## BRONZE SPONSOR

### Fortem Australia

Fortem Australia is a not-for-profit organisation that supports the mental fitness and wellbeing of first responders and their families – the people who protect and care for our community. We run science-backed wellbeing activities designed to connect families and build communities, provide psychology support to first responders and their families, as well as supporting those looking for new life and career opportunities following service.

**Phone** 1300 339 594  
**Email** [info@fortemaustralia.org.au](mailto:info@fortemaustralia.org.au)  
**Website** [www.fortemaustralia.org.au](http://www.fortemaustralia.org.au)



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IPAR is a national provider of injury prevention, recovery and return to work services for people who have experienced physical or psychological injury. In response to the growing demand for psychological treatment across Australia, IPAR established Access Psych. Access Psych connects people with the mental health support they need, when they need it, providing person-centred and practical psychological therapy. Both IPAR and Access Psych have a special interest and commitment to improving mental health outcomes for frontline personnel, particularly those affected by trauma, delivering trauma-informed care and health coaching programs.

**Phone** 03 8648 0900  
**Email** [info@accesspsych.com.au](mailto:info@accesspsych.com.au)  
**Website** [www.accesspsych.com.au](http://www.accesspsych.com.au)



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### Office of Industrial Relations

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Workplace Health and Safety Queensland, the Electrical Safety Office and Workers' Compensation Regulatory Services are part of the Office of Industrial Relations. Our vision is ensuring Queensland workers, industry and communities are healthy, safe, fair and productive. Our purpose is to improve WHS and reduce the risk of work-related fatalities, injuries and diseases and maintain a fair and efficient workers' compensation scheme that balances the needs of workers and employers. We work with industry and businesses to creating safe, healthy cultures at work and support workers who've experienced a work-related injury during rehabilitation ensuring they can safely return to work.

**Phone** 1300 362 128  
**Email** [safe@oir.qld.gov.au](mailto:safe@oir.qld.gov.au)  
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### Military and Emergency Service Health Australia (MESHA)

Military and Emergency Services Health Australia (MESHA) is a collaborative research institute dedicated to informing and improving policy, programs, and services for current and former serving Australian military and emergency service personnel and their families. One of ten charities of The Hospital Research Foundation Group, our mission is to deliver robust, high quality, interdisciplinary research, programs, and training that optimise and sustain mental health and wellbeing. At MESHA we have a unique focus on research, programs and training that are co-designed, practical, and culturally relevant. This means we bring together both research partners and industry stakeholders to ensure the end-user is at the heart of all that we do.

**Phone** 08 7002 0880  
**Email** [nmartens@mesha.org.au](mailto:nmartens@mesha.org.au)  
**Website** [www.mesha.org.au](http://www.mesha.org.au)

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### Queensland University of Technology - eMHPrac

The e-Mental Health in Practice (eMHPrac) Project is funded by the Australian Government and aims to raise awareness and knowledge of e-Mental Health amongst health practitioners (GPs, Allied Health Professionals and service providers working with Aboriginal and Torres Strait Islander people), as well as provide free training and support in its use.

**Phone** 07 3069 7541  
**Website** [www.emhprac.org.au](http://www.emhprac.org.au)

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**Phone** 07 3055 9476

**Email** susie.bayne-jardine@aurorahealth.com.au

**Website** [www.aurorahealth.com.au/specialties/mental-health-1](http://www.aurorahealth.com.au/specialties/mental-health-1)



### StandBy Support After Suicide

StandBy – Support After Suicide was established in 2002 to meet the need for a coordinated community response to suicide. StandBy is Australia's leading suicide postvention program dedicated to assisting people and communities bereaved or impacted by suicide. In Australia, more than 3,300 people take their own life each year. Research indicates that for every death through suicide 135 people are impacted and ten or more are significantly impacted. StandBy provides free face-to face or telephone support by local caring staff, committed to the wellbeing of the person or group impacted.

The program provides a central point of coordination, connecting people to the various supports they may need through referrals to services, groups and organisations within their local area. StandBy operates nationally by partnering with local organisations, engaging their expertise within the community to deliver the most effective and culturally suitable support for each individual circumstance. Locally

tailored community workshops and education programs are provided to increase awareness of suicide and suicide bereavement to help enable communities to support one another. StandBy – an initiative funded by the Australian Government. Post Suicide Support – an initiative funded by the NSW Government.

**Phone** 1300 727 247

**Website** [www.standbysupport.com.au](http://www.standbysupport.com.au)

## MANTLE

### Mantle Health

Mantle is a specialist psychology service aimed at prevention, treatment, and performance enhancement. We started predominately as a one-on-one video telehealth psychology service for men, and continue to evolve, given the calibre of our growing team of psychologists and the needs of those working in high-pressure environments across Australia.

**Phone** 1300 646 753

**Email** [davida@mantlehealth.com.au](mailto:davida@mantlehealth.com.au)

**Website** [www.mantlehealth.com.au](http://www.mantlehealth.com.au)



### Disaster Relief Australia

Disaster Relief Australia (DRA) is a veteran-led not-for-profit organisation. We unite the skills and experience of Australian Defence Force veterans with emergency service specialists to rapidly deploy disaster relief teams in Australia and around the world in the wake of disasters. DRA also provides veterans with a continued purpose after service.

**Phone** 1300 372 287

**Email** [cindy.wadsworth@disasterreliefaustralia.org](mailto:cindy.wadsworth@disasterreliefaustralia.org)

**Website** [www.disasterreliefaus.org](http://www.disasterreliefaus.org)

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