

# Mental Health Connect

## *Mental Health Skills for Drug & Alcohol Workers*

FREE TO  
NADA  
MEMBERS

- As a D&A worker would you like to know more about mental health?
- Do you have ongoing contact with people with mental health issues?
- Do you need more skills in supporting people with mental health issues?
- Would you like to know how you can support recovery?

**This program aims to offer knowledge and skills to help you better understand and support people with mental health issues.**

Key learning modules of the Connect Program include:

- Connecting with recovery
- Connecting with the mental health system
- Connecting the mental illness
- Connecting with tools and techniques
- Self care connections

**This is essential  
training for every  
drug & alcohol  
worker!**

The Connect Program uses a 2 day interactive workshop delivery mode and is designed to promote workplace skill development. It includes information on recovery, the mental health system, signs and symptoms of mental illness, tools for recovery and self care.

**NADA in collaboration with MHCC is offering two *FREE* training sessions to NADA members.**

Venues & Dates	Closing Dates for Registration
<i>L2, 619 Elizabeth St, Redfern, 5<sup>th</sup> &amp; 6<sup>th</sup> November</i>	<i>Wednesday 28<sup>th</sup> October 2009</i>
<i>Hunter Room, Newcastle City Hall, 290 King St, Newcastle, 26<sup>th</sup> &amp; 27<sup>th</sup> November</i>	<i>Wednesday 18<sup>th</sup> November 2009</i>

*Morning, afternoon tea and lunch provided.*

**To register your interest in Mental Health Connect please complete a registration form and forward to Heidi at NADA:**

**E: [heidi@nada.org.au](mailto:heidi@nada.org.au)**

**Fx: (02) 9690 0727 Ph: (02) 8113 1317**