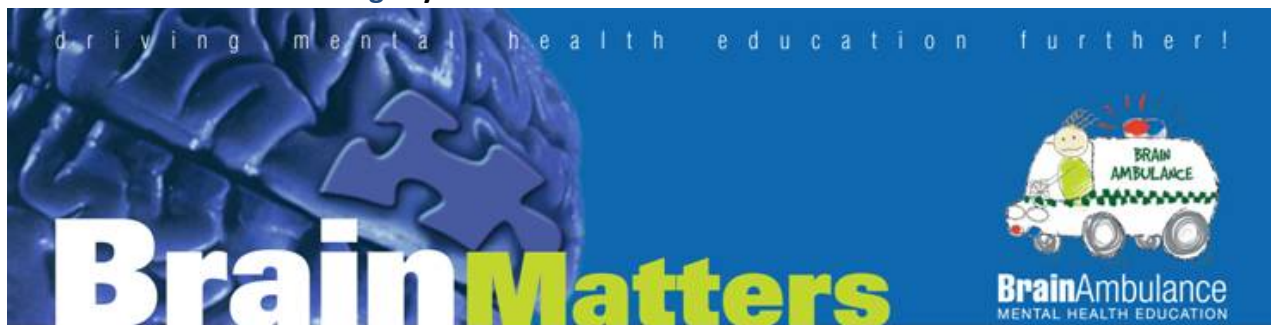


From: brain ambulance [deb@brainambulance.com.au]
Sent: Thursday, 15 December 2011 7:39 AM
To: 'brain ambulance'
Subject: Brain Matters Fortnightly News Dec 15th edition 9

December 15th 2011 Fortnightly News Email Edition 9



MHFA I have taken this from the Dec MHFA newsletter as I thought it would be great to crank something similar up in W.A....Let me know your thoughts via deb@brainambulance.com.au

Hair2Heart Project A healthy dose of conditioning for the community includes MHFA

An innovative new program being developed by Southern Primary Health Noarlunga will arm hairdressers with the **knowledge and skills to provide good health information to their clients and refer them**

to appropriate health services. Southern Primary Health Noarlunga Community Safety Consultant Steve Parker said the "Hair2Heart – Safety and Education for Hairdressers project recognises that hairdressers hear a vast range of health and personal concerns for clients on a daily basis." "Clients in hair salons often open-up and share personal stories about issues affecting their health because of the long and trusted relationship that exists between client and hairdresser", said Steve. **As part of the Hair2Heart project, MHFA training will be available to help hairdressers** provide support and referral information to clients who may experiencing depression, anxiety, substance use and other mental health problems.

Pause for a Ponder – A holiday. Take some time out this Xmas break to enjoy doing something completely unstructured , which costs nothing, has no set outcome and has no measurement of success other than was it fun! It has taken me 23 years of my past 25 years of having a mental health problem to take this advice. It is what has helped keep me well for the past 24 months along with pausing for a ponder at frequent intervals.

Coming in 2012 – Our New Planning Pathway brochure will be in your inbox during the first few weeks of January. A new format will make it easier to identify which courses are appropriate for your context. There will also be one hour introductory options for most of the workshops. These will be introductory tasters only but may help those who are unable to release all staff for long periods at once.



Merry Christmas to all and a safe festive season. See you in your inbox in 2012.

Please email 'unsubscribe' if you do not wish to receive this newsletter

See you in your inbox on Jan 14th for Brain Matters Edition 9

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