

# Drugs, Alcohol and Mental Health



Western Australian Association  
for Mental Health

Mental health challenges and alcohol and other drugs are frequently addressed separately yet they often occur alongside each other, interacting in complex ways. This course examines each challenge and its interrelationship with the other, facilitating an understanding of how and why they frequently occur together, as well as the necessity to work holistically and collaboratively to support people in their recovery.

A popular course with staff from community service organisations working across a variety of services including: care services, housing, mental health, disability, first aid, and aged care; as well as staff in education settings, and carers wanting to support family members experiencing both challenges.

## Content covered includes:

- Understanding mental health, mental health challenges, and alcohol and other drugs
  - Signs and symptoms
  - Drug types and usage
  - Addiction
- The relationship between mental health challenges and alcohol and other drug use
- Risk factors, causes, and impacts of co-occurring challenges
- Harm minimisation strategies
- The relationship between the mental health and alcohol & other drug sectors



<b>DATE:</b> 8 April 2019 <b>TIME:</b> 9.30am - 5.00pm	<b>\$195 - Full members</b> <b>\$220 - Associate members</b> <b>\$245 - Non members</b>	<b>Catering and light refreshments provided</b>
<b>VENUE:</b> Workzone Building Training room, Level 1, 1 Nash Street, PERTH	<b>Scholarship places available</b>	<b>Custom onsite courses available, enquire now.</b>

Peak body representing the community-based mental health sector in WA.

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## Training Includes:

Qualified and experienced trainer  
Personalised certificate  
A take home resource package