

## Media statement

29 August 2016

### Wheel of Wellbeing rolls out

International experts will begin delivering a series of mental health and wellbeing workshops in Brisbane and regional areas from today (29 August 2016).

The Queensland Mental Health Commission has partnered with Maudsley International to design and deliver the training which aims to enhance mental health and wellbeing awareness and knowledge through local community organisations.

The training follows the establishment of three regional Mental Health and Wellbeing Hubs in Central Highlands, Northern and Western Queensland and Logan and Southern Moreton Islands earlier this year.

Hubs staff will join local community organisations to take part in training on the Wheel of Wellbeing and Mental Wellbeing Impact Assessment. A partnership between the Queensland Mental Health Commission and the Department of Education and Training will also see the training made available to their staff.

The Wheel of Wellbeing uses a positive psychology approach to teach simple techniques for promoting wellbeing, through a focus on the six areas of body, mind, spirit, people, place and planet. Mental Wellbeing Impact Assessment is a systematic approach to understanding how the design of services and programs can be used to promote mental wellbeing across the community.

The two weeks of training begins in Brisbane today, followed by training in Townsville, Emerald and Logan next week (Monday 5 September 2016). To coincide with the training, the Queensland Mental Health Commissioner Lesley van Schoubroeck will join international mental health and wellbeing expert Tony Coggins for a mental health and wellbeing forum in Emerald on Wednesday 7 September 2016.

Last week the Minister for Health and Ambulance Services Cameron Dick and Queensland Mental Health Commissioner Dr Lesley van Schoubroeck launched the *Queensland Rural and Remote Mental Health and Wellbeing Action Plan 2016-18* which details initiatives to promote mental health and wellbeing in rural and remote communities.

ENDS

**About QMHC:** The Queensland Mental Health Commission was established to improve the mental health and wellbeing of all Queenslanders by driving ongoing reform.

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