

Media statement

2 September 2016

Wheel of Wellbeing rolls in to Townsville

Townsville will benefit from delivery of a capacity building workshop on Monday (5 September) by leading international mental health and wellbeing group Maudsley International.

The Queensland Mental Health Commission has partnered with Maudsley International and Townsville's SOLAS (Supported Options in Lifestyle and Access Services Ltd) and Mental Illness Fellowship of North Queensland to design and deliver the Wheel of Wellbeing (WoW) training, which builds individual capacity for supporting and improving mental health and wellbeing in the community.

The Wheel of Wellbeing uses a positive psychology approach to teach simple techniques for promoting people's wellbeing by focusing on six areas – body, mind, spirit, people, place and planet. It provides a simple approach to promoting mental health and wellbeing through positive action.

Around 25 participants will learn about the WoW framework and practical activities and attitudes that contribute to thriving and sustainable communities for passing on to the broader community.

In May, the Queensland Mental Health Commission announced funding of around \$260,000 for three regional mental health and wellbeing hubs.

SOLAS, working in partnership with the Mental Illness Fellowship of North Queensland, will host the Northern and Western Queensland Mental Health and Wellbeing Hub. The Hub will work across sectors to build capacity in local organisations to support the mental health and wellbeing of community members.

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.

Media contact

Bec Tan

(07) 3033 0327 or 0402 786 554