

# Connecting physical and mental health

## Bathurst

### Have you ever wanted to understand more about the way mental and physical health interact, and their impacts on each other?

People with mental health concerns have a shorter life expectancy by approximately 10 years, in comparison to the general population.

This is mostly due to chronic disease, high rates of substance abuse (smoking, drugs, and alcohol), poor nutrition and sleeping patterns, and physical inactivity.

### Training outcomes

This bespoke training will teach you the relationship between mental and physical health, strategies to improve the physical health of people you work with and effective ways to communicate the impact of lifestyle on mental health.

Through this training you will:

- Understand the connection between mental and physical health
- Understand the physical health issues that can be associated with mental health concerns
- Understand the effects of some medications and their impact on people
- Learn how to engage in respectful conversations about supporting physical and mental wellbeing
- Apply effective communication skills when completing physical health screening
- Feel confident to initiate conversations about physical health and creating health goals
- Have a comprehensive understanding of referral pathways for ongoing support

### Who is it for

This **FREE** training is for any staff that work with consumers that experience mental health concerns (mental health staff, drug and alcohol roles, primary health, psychosocial workforce, NDIS). Morning tea and lunch will be provided.

**Registration closes Monday 24 Feb 2025**

### Delivery

The training goes from 9:30am-5pm:

- Monday 3 March 2025 – online
- Wednesday 5 March 2025 – face-to-face

*Foundation Room – CSU Bathurst, Panorama Ave*

### Train the trainer

Want to deliver this course yourself? Become accredited to deliver this training. Train the trainer sessions are face-to-face and can only be completed once initial training is finalised.

- Thursday 6 March 2025, 9.30am-5pm

*Foundation Room – CSU Bathurst, Panorama Ave*

### More information

 1300 402 585  [clarissa.battye@marathonhealth.com.au](mailto:clarissa.battye@marathonhealth.com.au)

 **Register now:** [marathonhealth.com.au/cpmh-bathurst](https://marathonhealth.com.au/cpmh-bathurst)

Please note, due to high demand, registration requests will be reviewed prior to confirmation of acceptance. Following review, a confirmation email will be sent to advise of the outcome.

**Marathon Health** is a not-for-profit, registered charity delivering high quality health and wellbeing services to people wherever they choose to live. **This training has been made possible by funding from Western NSW Primary Health Network.**

