

WORKSHOP

R U Appy? An Opportunity for Health Professionals to try out Aboriginal-specific e-Social and Emotional Wellbeing Apps

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As part of the national e-mental health initiative, the Federal Department of Health and Ageing has funded the University Centre for Rural Health (North Coast) and the Menzies School of Health Research to train Aboriginal health professionals in the use of e-social and emotional wellbeing technologies including apps for smartphones and tablets and online mental health programs. This project will be rolled out across the North Coast and the Northern Territory in 2014 and 2015. The aim is to train Aboriginal and Torres Strait Islander health and community professionals, and others who work with Aboriginal and Torres Strait Islander clients to develop skills and confidence in using new technologies as an additional tool to assist their clients.

This workshop will provide an opportunity for health professionals to experience two of the Aboriginal-specific apps which have been developed for clients: *Stay Strong* and *Ibobbly*. Participants will be introduced to the apps and have the opportunity to try them out for themselves on iPads or Tablets provided in the workshop. During 2015, a full training and supervision program will be offered to health and community professionals in northern NSW. Please note that this workshop does *not* constitute a training program – rather it is designed as a little ‘taster’ of the apps! Numbers of participants will be limited by the number of iPads and Tablets available. Maximum number of places = 30.