



WAPHA LEARNING WEBINAR

The Big 5 proven activities for better mental health

What if supporting people's mental health could be as straightforward as the advice we provide about diet and exercise?

WA Primary Health Alliance and MindSpot GP invite health professionals across WA to attend one of our webinars about The Big 5 evidence-based activities that are most strongly linked to better mental health.

These interactive sessions will cover the following:

- A summary of the research behind The Big 5, involving thousands of people across Australia and overseas.
- The Big 5 evidence-based activities that people can do for better mental health.
- Simple, practical strategies that people can use to integrate The Big 5 into their daily lives.



REGIONAL WEBINAR

- 📅 Thursday 19 March
- 🕒 12pm to 1pm
- 📍 Webinar
- 👤 For health professionals



To register, click [here](#) or scan the QR code

PERTH WEBINAR

- 📅 Tuesday 31 March
- 🕒 12pm to 1pm
- 📍 Webinar
- 👤 For health professionals



To register, click [here](#) or scan the QR code

GUEST SPEAKER



Prof. Nick Titov
Prof. of Psychology at Macquarie University, Clinical Psychologist and Executive Director of the Australian MindSpot Clinic.