

# Psychological Well-being Conference

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**Date:**

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**Presentation:**

"There is Another Way"

**Abstract:**

Facts About Mental Health Disorders:

- In excess of 450 million people globally suffer from mental illness (WHO)
- In the last 45 years, suicide rates have increased by 60% worldwide (WHO)
- More than 90% of people who commit suicide have a diagnosable mental disorder (NIH)
- Depression is predicted to be one of the world's largest health problems by 2020 (MHCA)
- There is an increase in mental health disorders suffered by **Mental Health Professionals**

Despite the increase in the number of educated professionals working in mental health, the available treatment options and the amount spent on research: **MENTAL HEALTH PROBLEMS CONTINUE TO INCREASE.**

## **HAVE WE ONLY BEEN LOOKING AT THE PROBLEM FROM A MEDICAL MODEL RATHER THAN ONE OF LIFESTYLE?**

A group of mental health professionals from the UK and Australia will present information about and practical results from a treatment based on self-responsibility for lifestyle choices supporting psychological wellbeing. When this method is adopted by practitioners and clients, there are significant improvements in the quality of both their lives.

Practical, engaging and professional presentations will illustrate the results obtained when working in this way. This one-day conference is ideal for those wanting to improve their own quality of life and for psychologists, psychotherapists and other mental health workers who are wondering if there could be a better way.

**PSYCHOLOGICAL  
WELLBEING 2013  
CONFERENCE  
THERE IS ANOTHER WAY**

PRESENTED BY MENTAL HEALTH PRACTITIONERS  
& GUESTS FROM AUSTRALIA AND THE UNITED KINGDOM  
A practical approach gaining significant results with clients