

Telephone and Internet APS interest Group - UPDATE, 15 February 2006

Welcome to the Telephone and Internet Counselling and Psychology Interest group of the Australian Psychological Society.

You have received this e-mail as part of your membership regarding news and events in the Telehealth, Telepsychology, Helpline and Health Call centre industry.

In this edition:

1. **\$1 Billion Health Package** – Mental health a priority.
 2. **theMHS (Mental Health Services) Conference**. “Reachout- Connect”
 3. **Authentic Happiness** – Web research project
 4. **Guide to Best Practice for Helplines** – Call for expression of interest.
 5. **NetAlert** – New Research –Internet use in Australian homes.
 6. **Lifeline Report**. Exploring Loneliness: The experiences of rural and metropolitan Australia
 7. **New Committee** - Expressions of interest.
-

1) \$1 Billion - Health Reform. State leaders and Prime Minister John Howard are poised to agree on a \$1 billion national health reform package at Friday's Council of Australian Governments (COAG) meeting.

But Mr. Howard has put the states on notice that he expects them to spend more on mental health, with a coordinated strategy on the agenda for the meeting.

www.smh.com.au/national

2) Authentic Happiness – Dr Martin Seligman founder of Positive Psychology, a new branch of psychology which focuses on the empirical study of such things as positive emotions, strengths-based character, and healthy institutions. His research has demonstrated that it is possible to be happier — to feel more satisfied, to be more engaged with life, find more meaning, have higher hopes, and probably even laugh and smile more, regardless of one's circumstances. Positive psychology interventions can also lastingly decrease depression symptoms. The research underlying these rigorously tested interventions is presented in the July/August edition of the American Psychologist, the journal of the American Psychology Association.

Authentic Happiness has almost 400,000 registered users around the world. You are welcome to use all of the resources on this website for free www.authentichappiness.org

3) TheMHS conference. The Mental health Services conference is on again. The annual TheMHS conference for people associated with mental health issues and psychiatry.

TheMHS provides a forum for: the exchange of ideas; professional development;

networking and debate, for mental health professionals, consumers, Carers (families), and managers. TheMHS aims to promote positive attitudes about mental health and mental illness, and to stimulate debate that will challenge the boundaries of present knowledge and ideas about mental health care. www.themhs.org

4) Helplines Australia – Guide to Best Practice 3rd edition. Helplines Australia is seeking people who are currently working in helplines to provide input to the next edition of the Guide to best practice. The “Guide” is the only publication that provides guidelines for managing and working in Helplines in Australia.

The Guide to best practice will include new chapters and revise existing chapters. If you are interested in participating please e-mail Maxine Rosenfiled (Helplines Australia - Vice President and committee chairperson) at tisca@helplines.org.au

5) NetAlert – Kidsonline publication. NetAlert www.netalert.net.au and the [Australian Broadcasting Authority](http://www.acma.gov.au) recognised a need to capture behaviours and attitudes associated with Internet use in the home, particularly among children aged 8 to 13 years and their parents.

Research was undertaken with the objectives to examine:

- patterns of Internet usage and behaviour
- perceptions of the Internet and online experiences
- strategies for ensuring safety online
- Internet safety information resources and needs
- use of mobile communications

6) Lifeline - Exploring Loneliness: The experiences of rural and metropolitan Australia. Insight into the calls received by Lifeline’s 24 hour telephone counselling service, with a particular emphasis on rural and regional areas. The purpose of the profiles is to provide insight into population well-being, identify local and regional variations in caller needs and service usage and promote awareness of social trends and changing priorities.

Details: www.lifeline.org.au/content/lifeline_calls_profile_no_3.pdf

7) New Committee. In December 2005 the AGM was held. Nominations for committee positions are still available. We require Psychologists with an interest in Telephone, Internet and media to become involved in our committee.

Please contact the APS office Alex Bignell for further details.

We welcome any feedback regarding this UPDATE, which you can provide by replying to this e-mail.

Kind Regards
Bill Campos
Group Convener

This email is for use by the intended recipient(s) only and should not be read or used by, or delivered to, any other person. If you receive this email in error, please immediately notify the sender and then delete it from your system. Precautions have been taken to avoid transmitting software viruses but you should effect your own virus checks on any attachment(s), as we do not accept liability for loss or damage caused by software viruses.