



MENTAL ILLNESS FELLOWSHIP OF AUSTRALIA

Tobacco and Mental Illness Webinar

'Tobacco and Mental Health'

Join us online on **Tuesday 21 February 2012** at 1.00 pm (Australian Central Daylight Time*) when MIFA presents the 'Tobacco and Mental Health Webinar'.

The aim of this event is to deliver an opportunity to discuss tobacco use and mental health.

Who should log in?

Individuals, carers and workers in mental health or anyone wanting to support others to examine their tobacco use in a group setting.

What will be in the Webinar?

The webinar will go for approximately 45 minutes and will include time for questions. The webinar will include:

- Hearing stories of quitting from people across Australia
- Tips and techniques to help reduce tobacco use
- Information about available supports
- Workshop support and information

If you or anyone you work for, care for or support are interested in viewing the webinar

[Register Here](#)

or at

<http://tinyurl.com/mifatobacco>

Once registered we will send you an email (and reminder closer to the event) with a direct link to the webinar as well as attendee instructions and information.

On the registration page you can let us know if you are interested in hosting a group to view the webinar. MIFA will then email a tool kit which can be used to facilitate discussion afterwards.

If you are in Adelaide you may attend in person at Mental Illness Fellowship South Australia, 5 Cooke Terrace Wayville SA 5034. Please call 8378 4100 to RSVP.

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1.30 pm Australian Eastern Daylight Time
10.30 am Australian Western Standard Time