

The Australian Guidelines for the Treatment of Adults with Acute Stress Disorder and Posttraumatic Stress Disorder



Free information sessions with leading trauma experts

Australian guidelines are now available to help people with acute stress disorder and posttraumatic stress disorder (ASD and PTSD). The Australian Centre for Posttraumatic Mental Health developed the Guidelines in consultation with trauma experts from a range of disciplines, as well as people affected by trauma and is running free information sessions around the country.

Who should attend?

Health practitioners

- What's the best approach for helping people affected by trauma?
- When is the right time for different interventions?

Please let your patients and clients know about these free sessions.

People affected by trauma and their families

- Do you want to know more about how trauma can affect your mental health?
- Do you want to know about what treatment works best?
- Need information and help?

Alice Springs	20 May	Ball Room A, Ground Floor, Crowne Plaza Barrett Drive, Alice Springs
Townsville	21 May	Mercure Inn Townsville - Garden C, Woolcock Street, Townsville Queensland 4810
Darwin	22 May	Brolga Room, Ground Floor, Novotel Darwin Atrium , 100 The Esplanade, Darwin

Day and evening sessions available in each city

For practitioners:	1pm-2.30pm and 7.30pm-9pm
For the community:	10.30am-12noon and 5pm-6.30pm

Professional development points may be applicable for practitioners. Please check our website for more information.

Registration essential:

Online: www.acpmh.unimelb.edu.au or **Phone:** (03) 9496 2922

Visit www.acpmh.unimelb.edu.au to download free copies of the Guidelines

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The Guidelines are approved by the National Health and Medical Research Council and endorsed by the Australian Psychological Society and the Royal Australian and New Zealand College of Psychiatrists