



MIFF 37°South celebrates 15 years by supporting Melbourne edition of the *Mental Health First Aid* workshop by Screen Well

Never has our industry and our practitioners been under more stress. Coming out of COVID lockdown and unemployment or underemployment and more pressure than ever on budgets and schedules.

How do we manage to keep our mental health and well-being at its best? How do we care for our colleagues?

Thanks to generous support by [VicScreen](#), and as part celebrating the in-person return of [37°South Market](#) for its 15th edition, up to 22 Victorian practitioners registered at **37°South** will have the chance to be selected to participate in the **two-day *Mental Health First Aid*** workshop by [ScreenWell](#) on **Tuesday 09 August and Wednesday 10 August**.

Aiming to teach participants the skills they need to initiate and navigate mental health conversations with those they are concerned might be struggling with mental health challenges, this workshop is delivered by **Ben Steel**, who addressed his own mental-health wellbeing – and that of the creative industry generally – in his 2019 feature documentary *The Show Must Go On* distributed in a national tour by **Film Art Media** and aired on **ABC-TV**. Now an accredited Mental Health First Aid instructor, alongside his business partner Margaret Tillson, Steel launched **ScreenWell** to develop industry-specific resources, initiatives, and workshops to improve mental health outcomes for the screen industry and the keep the issue a live conversation.

Please email takeoff@mediamentors.com.au no later than 10am Monday 01 August, with “First Aid” in the subject line, express your interest in participating.

By expressing your interest to participate, you are confirming that you are available to attend the workshop in person in Melbourne’s CBD on both Tuesday 09 August, from 10am to 5pm, and Wednesday 10 August, from 10am to 5pm; this is an important consideration as the places are limited so waste not want not!

This is an amazing opportunity for up to 22 Victorian practitioners to, free of charge, to improve their knowledge of mental illnesses, treatments and first aid strategies, and boost their confidence in providing mental-health first-aid to others, as well as decreasing stigmatising attitudes generally.

Please email takeoff@mediamentors.com.au no later than 10am Monday 01 August, with “First Aid” in the subject line, express your interest in participating in ScreenWell’s *Mental Health First Aid* workshop (facilitated by *Media Mentors Australia*) running 10am to 5pm on both of **Tuesday 09 August, from 10am to 5pm, and Wednesday 10 August in Melbourne’s CBD.**