

PIR Agency:	MIFQ
Date:	24 th March 2015-ongoing
Key issue(s)	Lack of awareness of the importance of physical health in mental wellbeing
Main Objective(s)	Capacity Building for clinical professionals to enhance a holistic approach for people's well-being including physical health.
Summary of Impact or Result	Establish a learning space for people to share information in relation to keeping well such as activities, therapies, programs, support networks and groups that can assist people to maintain wellness.
Context	
Brisbane Wellness Network	
Stakeholders/Partnerships	
Varies such as mental health social worker, psychiatrist and psychologist. Mental Health Professional Network (MHPN).	
Project Management	
Partnership with MHPN.	
Description of Activities	
To invite speakers who implement programs and services that support mental and physical well-being to share what they do in enhancing people's resilience for their journey to recovery every three months.	
Project Impact	
Establish a learning space for people to share information in relation to keeping well such as activities, therapies, programs, support networks and groups that can assist people to maintain wellness.	
Lessons Learned	
People would like to create a space to explore areas related to trauma.	
Appendices	
Nil	