



**ALINTACORP**  
Passion. Integrity. Quality

# STUDENT MENTAL HEALTH & WELLNESS CONFERENCE



**3-4 October 2019**  
**Protea Hotel Midrand**  
**JHB, RSA**



**REGISTER NOW**

**FOR MORE INFORMATION**

+27 11 883 3536 / +27 78 167 1459

sean@alintacorp.com

jacobs@alintacorp.com

## ABOUT THE CONFERENCE

Health is defined by the World Health Organization as, “...a state of complete physical, mental, and social well-being, and not merely the absence of disease or infirmity.”

Higher Education is facing an increasing crisis in student mental health; 1 in 4 students are affected by depression and anxiety, student drop outs have trebled, and student suicide rates have reached record highs. It is therefore essential that Universities/Schools are placing mental health at the top of the agenda to remove barriers, reduce stigma and better support their student population.

Mental Health conference aims to improve mental health literacy through greater depth and breadth of understanding of mental health issues. The purpose of MH is to teach participants how best to assist someone showing signs of a mental health problem or experiencing a mental health crisis. The purpose of this session is to learn how to recognize concerning behaviours among students and how to respond with particular emphasis on someone in immediate distress and/or in crisis.

Participants will gain practical tips on what to say and what to do in order to connect someone with the appropriate resources available both on and off campus.

### AT THE END OF THE 2-DAY CONFERENCE, PARTICIPANTS WILL:

- Improve mental health literacy
- Learn skills and knowledge to help people better manage potential or developing mental health problems
- Learn how to recognize signs and symptoms of mental health problems
- Be able to provide initial help to someone experiencing a mental health problem
- Be able to guide someone towards appropriate professional help
- How to recognize when a student is in distress
- Strategies to meet the unmet mental and behavioural health needs of students
- Trauma sensitive practices
- Common stressors and student concerns

### WHO SHOULD ATTEND:

- Department of Student Affairs
- Rector and vice Chancellors
- School mental health professionals
- Students' Union Representatives / Student Officers
- Head of Campus and Operational Services | Diversity and Inclusion Officers
- Student Counselling | Student Support Coordinator
- Health professionals
- Lecturers | Educators & Teachers
- Principles & Administrators
- Students | Student Information Advisor
- Academic staff | School Security officer



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# CONFERENCE TOPIC

## Day 1.

08:00 - 08:30 **REGISTRATION**

08:30 - 09:00 **COFFEE/TEA**

09:00 - 10:00 **SIGNS AND SYMPTOMS OF STRESS**

- 1.Stress management
- 2.Exam stress

10:00 – 11:00 **IDENTIFYING AND RESPONDING TO STUDENTS IN DISTRESS**

11:00 - 12:00 **UNDERSTANDING WHAT STUDENT MENTAL HEALTH MEANS AND WHEN TO GET HELP**

- 1.Be able to recognize when someone is in distress
- 2.Learn practical steps to take to help someone who is in distress
- 3.Learn about additional mental health resources on and off campus

12:00 - 13:00 **STUDENT MENTAL HEALTH PROBLEMS**

- 1.Learn how to recognize signs and symptoms of mental health problems
2. Be able to provide initial help to someone experiencing a mental health problem
- 3.Be able to guide someone towards appropriate professional help

13:00 - 14:00 **LUNCH**

14:00 -15:00 **IMPROVE STUDENT MENTAL HEALTH LITERACY**

15:00 – 16:00 **CARING FOR GEN Z- THE FUTURE OF STUDENT MENTAL HEALTH AND WELLBEING**

16:00- 16:30 **SNACKS & END OF CONFERENCE**

## DAY 2.

08:00 - 08:30 **REGISTRATION**

08:30 - 09:00 **COFFEE/TEA**

09:00 - 10:00 **MENTAL HEALTH AWARENESS IN SCHOOLS: HOW TO RUN EFFECTIVE PEER COUNSELLING AND MENTAL HEALTH AWARENESS CLUB**

10:00 – 11:00 **EVIDENCE-BASED APPROACHES TO REDUCE STIGMA, AND ENHANCE HELP-SEEKING IN SCHOOLS**

11:00 - 12:00 **GAIN INSIGHT INTO THE VARIOUS COMPONENTS OF STIGMA AND ITS' IMPACT**

- 1.Learn how to spot subtle and over stigma
- 2.Learn how to stand up and speak out against stigma
- 3.Depression
- 4.Anxiety

12:00 – 13: 00 **LEARN THE IMPORTANCE OF SUICIDE ALERTNESS**

- 1.Learn how to recognize people who are having thoughts of suicide
- 2.Be able to connect people who are having thoughts of suicide with the appropriate resource
- 3.Provide guidance and suicide first aid to a person at risk in ways that meet their individual safety needs

13:00 - 14:00 **LUNCH**

14:00 – 15:00 **STUDENT TRAUMA (INVISIBLE WOUNDS )**

15:00 – 16: 30 **SNACKS & END OF CONFERENCE**



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“PRACTICING WELLNESS HELPS US TO FEEL GOOD NOW WHILE PROMOTING LONG-TERM AND SHORT-TEAM HEALTH”

# CONFERENCE SPEAKERS

**MR. ALAN PERCY**



Head of Counselling University of Oxford  
Chair of MWBHE (Mental Wellbeing in Higher Education)  
Chair of HUCS (Heads of University Counselling Services)  
Visiting Professor in Psychology, Fudan University, Shanghai

**PROF. ANNSILLA NYAR,**



Director of South African National Resource Centre  
for the First-Year Experience and Students in  
Transition (SANRC)

**PROF. CHRISTINE LOCHNER**



Co-director of the Medical Research Council (MRC)  
Unit on Anxiety and Stress Disorders  
PhD (Psychiatry) Stellenbosch University

**DR. DOMINIQUE THOMPSON**



Director, Bristol Students' Health Service.  
Student Wellness Consultant  
Director at Buzz Consulting

**PROF. ALBAN BURKE**



Director: Centre for Psychological  
Services and Career Development  
University of Johannesburg

**MS. JANINE ROOS**



Director: Mental Health Information Centre  
University of Stellenbosch

**DR. FASLOEN ADAMS**



HOD Department for Occupational Therapy  
University of the Witwatersrand

**PROF. DALEEN CASTELEIJN**



Associate Professor, Department  
for Occupational Therapy  
University of the Witwatersrand



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## EVENT SPONSORSHIP PACKAGE

- Recognition as event Sponsor
- Logo on Event website
- Announcement of sponsorship through partners' social media channels
- Logo in Conference Program
- Bag Insert Permitted and Logo on Bag (paper/USB/gift/other)
- Reserved VIP Seating in Plenary Sessions
- Recognition at Welcome Reception

PLATINUM SPONSOR

GOLD (UNLIMITED)

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BRONZE (UNLIMITED)

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✓

✓

✓

### Complimentary Booth Space in Exhibitor's Arena

Complimentary double exhibit space in premium location

Complimentary double exhibit space in premium location

Complimentary double exhibit space

Complimentary double exhibit space

### Complimentary Conference Passes

2

1

1

1

### Advertisement in Event Program

2 Full Pages

1 Full Pages

1/2 page

1/4 page

### Access to Attendee Mailing List

Shared 2 weeks & 1 week prior to the conference and after the conference

Shared 1 week prior to the conference and after the conference

Shared 1 week prior to the conference and after the conference

x

### Key Mention in event Press Release

Full paragraph profile

Special mention

x

x

### Opportunity to Present or Participate in a Panel

✓

✓

x

x

### Branded Networking Break

✓

✓

x

x

### Special Recognition During Opening Ceremony

✓

x

x

x

### Opportunity to Run a Focus Group

✓

Additional \$1,000

Additional \$1,000

Additional \$1,000

## SPONSORSHIP PACKAGE PRICES

\$5,000 USD

\$4,000 USD

\$3,000 USD

\$2,000 USD

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**R12 000 BOOK AND PAY BEFORE 30TH AUGUST**

**STANDARD RATE R14.000**

|   |  |
|---|--|
| Company Name:                                   |  |
| Postal Address:                                 |  |
| Tel:  |  |
| Accounts Payable Contact Person (Name & Email): |  |

| DELEGATES INFORMATION |  |           |  |       |
|-----------------------|--|-----------|--|-------|
| Name                  |  | Job Title |  | Email |
| Name                  |  | Job Title |  | Email |
| Name                  |  | Job Title |  | Email |
| Name                  |  | Job Title |  | Email |
| Name                  |  | Job Title |  | Email |

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| <p><b>REGISTRATION FEES:</b> covers attendance to all sessions, lunches and coffee/tea breaks during the conference, Attendance certificate, conference materials and kit.</p> | <p><b>OUR BANKING DETAILS</b></p> <p>Account Name: <b>ALINTACORP PTY LTD</b><br/>           Bank Name: <b>STANDARD BANK</b><br/>           Account Number: <b>221500766</b><br/>           Branch Code: <b>001255</b><br/>           Swift Code: <b>SBZAJJ</b></p> |
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**CANCELLATION NOTICE**  
By signing and returning the registration form, the authorizing signatory on behalf of the stated company is subject to the following terms and conditions:

Delegates cancellations: All cancellation must be received in writing and are subject to the following conditions:

Charge of 50% of the registration fee, plus R700 administrative charge will be made for cancellation received in writing at least 14 working days prior to the event, for any cancellations received less than 7 days before the date of the event, the full fee will be payable and no refunds or credit notes will be given. If a registered delegate does not cancel and fails to attend the event this will be treated as a cancellation and no refund or credit note will be issued.

**SUBSTITUTIONS**  
Delegate substitution: Substitution is welcome at anytime and do not incur any time and do not incur any additional charges. Please notify ALINTACORP in writing of any such changes at least 3 days prior to the event. Please note that speakers and topics are confirmed at time of publishing, however circumstances beyond the control of the organisers may necessitate substitutions, alterations or cancellations of the speaker and / or topics. As such ALINTACORP reserves the right to alter or modify the advertised speakers and/ to topics if necessary. Any substitutions or alterations will be updated and sent to the delegate. Delegates substitutions must be made in writing 7 days before the start of the event.

**PLEASE NOTE THAT ALINTACORP HAS A STRICT NO CASH REFUND POLICY**  
PAYMENT BY MEANS OF BANK TRANSFER: Please state your full names clearly on the money transfer. Please note that bank charges re for your OWN account and this should be stipulated to your bank. Please advise your bank that the charges should be included in your deposit amount. A copy of the bank deposit receipt should accompany your registration form and must be emailed

## Conference Venue : Protea Hotel, Midrand

