**Depression, anxiety, COVID19 and the Great Aussie Lifestyle: The Alone Together Study**

**Webinar: Wednesday 6 Oct 2021 7pm-8:30pm AEDT**

Amidst the public commentary on the increased risk of mental illness in Australia over the past two years, it has often been overlooked that some Australians wore a heavier burden of risk than others.

Please join Dr Marlee Bower as she shares the findings of the Alone Together study - a national longitudinal survey that tracked the mental health impacts of more than 2000 Australians during 2020 and 2021. The Alone Together study explored Australians’ experience of loneliness, depression and anxiety during a time of lockdown, social distancing, economic disruption and widespread fear of the coronavirus pandemic.

Dr Bower will take a helicopter view of the factors that led to distinct patterns of mental health impacts across Australian communities. What factors made a difference to the severity of mental health impacts? What does this mean for our work? How can we use these findings to build resilience, protect our communities from widespread harm and safeguard their mental health and wellbeing in the future?

**Learning Outcomes**

By the end of the webinar, participants will be able to:

* Understand the role that Australians' living environments have on their experience of mental health
* Discover how psychologists can combine their work with urban planners, geographers, sociologists and public health professionals to develop a multidimensional understanding of the diverse experiences of Australians during a pandemic
* Learn ways of integrating the findings of the Alone Together project into their practice framework to help clients and communities build more resilience

Please register here: [APS Events: 22637 | APS (psychology.org.au)](https://psychology.org.au/event/22637?view=true)

APS College of Community Psychologists member $20 / Community College student member $10

APS member $25 /APS student member $12.50

Non APS member $37.50

The session will be recorded and slides will be available.

More information: Dr Peter Streker 0416 166 296 peter@communitystars.com.au