

# MHpro – user’s guide

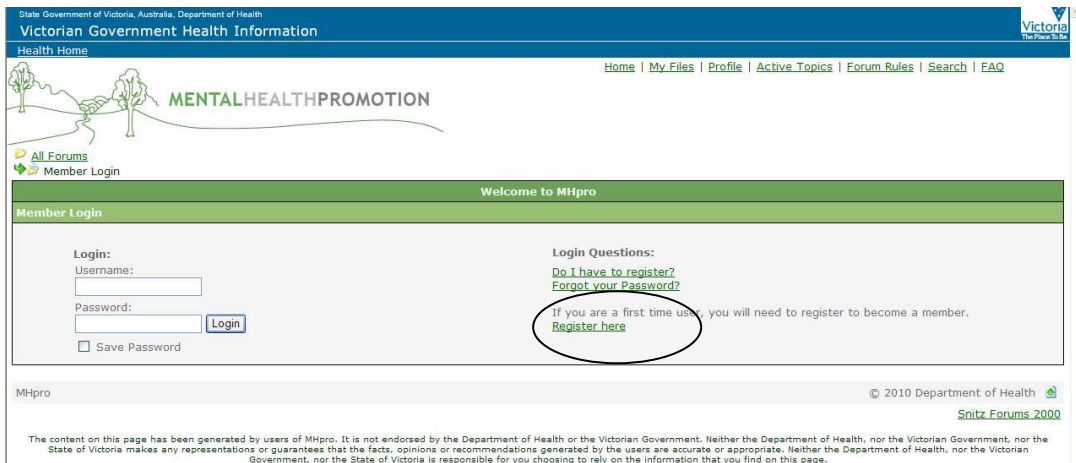
MHpro is an on-line network for people interested in Mental Health Promotion in Victoria. MHpro has three main functions:

- Sharing news
- Promoting events
- Discussing topics

Below is some basic information to get you started.

To get to MHpro follow either the link on the mental health promotion home page [www.health.vic.gov.au/mentalhealthpromotion](http://www.health.vic.gov.au/mentalhealthpromotion) or go directly to <http://mh.pro.tempdomain.info>

When you first arrive at MHpro, you will need to register

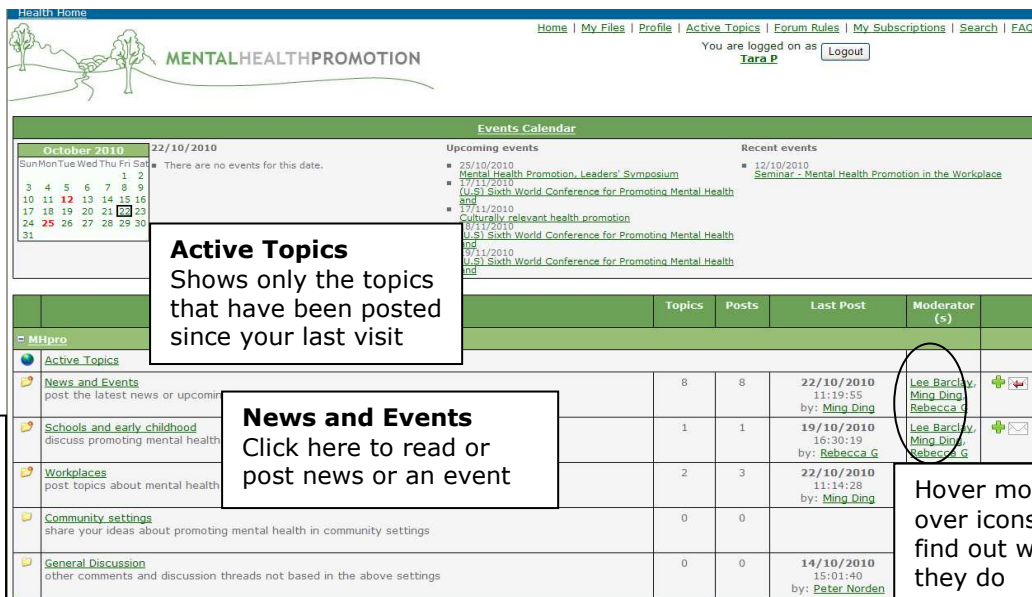


Once your registration is approved, you will receive an email to activate your account (check your junk mail if you don't receive anything).

Respond to this email to activate your account, once activated, you can start reading and contributing.

A new topic/event/news posting needs to be approved by the moderator before it will be available for all members; however, once posted responses are un-moderated.

The home page looks like this



**Discussion Forums**  
Select a category to participate in a discussion or post a new topic

**Active Topics**  
Shows only the topics that have been posted since your last visit

**News and Events**  
Click here to read or post news or an event

Hover mouse over icons to find out what they do

## A discussion page looks like this

Navigation / shortcuts

Topic

Response

Hover mouse over icons to find out what they do

Victorian Government Health Information  
Health Home  
Home | My Files | Profile | Active Topics | Forum Rules | My Subscriptions | Search | E  
You are logged on as **Tara P** Logout

MENTALHEALTHPROMOTION

All Forums  
MHpro  
Workplaces  
mental health promotion in the workplace...

New topic | Reply to topic  
Subscribe to this topic  
Send topic to a friend  
Printer friendly

Author Topic

Ming Ding  
Trator  
Posted - 11/10/2010 : 15:54  
Report this post  
It's good to see emerging evidence about what works for promoting mental health in the workplace. You may wish to check out the attached recently released report from VicHealth.  
Attachment: P-022-SC\_Job\_Strain\_SUMMARY\_October2010\_V12.pdf (1373.39 KB)  
Note that Tony LaMontagne will be presenting findings at a seminar at 50 Lonsdale Street at 10am on 15/10/2010. Hear your thoughts about workplace health promotion in this thread.

Tara P  
New User  
1 Posts  
Posted - 15/10/2010 : 12:20:19  
Report this post  
There is some good information coming out of the europe and canada too  
The european network for workplace health promotion <http://www.enwhp.org> have developed guides for employers  
The canadian mental health association have developed a comprehensive how to guide <http://wmhp.cmhaontario.ca/>  
As for how this happens in practice....

New topic | Reply to topic  
Subscribe to this topic  
Send topic to a friend  
Printer friendly

Jump To: SelectForum

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## The news and events page looks like this

State Government of Victoria, Australia, Department of Health  
Victorian Government Health Information  
Health Home  
Home | My Files | Profile | Active Topics | Forum Rules | My Subscriptions | Search  
You are logged on as **Tara P** Logout

MENTALHEALTHPROMOTION

All Forums  
MHpro  
News and Events

New event | New Topic  
Unsubscribe from this forum

Show all topics

Topic	Author	Replies	Viewed	Last Post
October: Anxiety and Depression Awareness Month	Ming Ding	0	2	22/10/2010 11:19: by: Ming Ding
(U.S) Sixth World Conference for Promoting Mental Health and Preventing Mental and Behavioural Disorder	Rebecca G	0	5	19/10/2010 17:04: by: Rebecca G
Culturally relevant health promotion	Rebecca G	0	4	18/10/2010 09:50: by: Rebecca G
Job strain and depression	Ming Ding	0	7	15/10/2010 12:29: by: Ming Ding
Mental health promotion in all policies - NEW GUIDE	Ming Ding	0	5	15/10/2010 11:03: by: Ming Ding
New Mental Health Promotion website for schools and early childhood services	Rebecca G	0	4	15/10/2010 10:49: by: Rebecca G
Mental Health Promotion, Leaders' Symposium	Rebecca G	0	12	11/10/2010 13:49: by: Rebecca G
Seminar - Mental Health Promotion in the Workplace	Lee Barclay	0	9	11/10/2010 13:46: by: Lee Barclay

Showing topics 1 - 8 of 8, sorted by last post time in descending order, from all topics Go

New posts since last logon.  
Old Posts. (20 replies or more.)  
Locked topic.

New event | New Topic  
Unsubscribe from this forum

Jump To: SelectForum

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Snitz Forum

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## Some tips for using MHpro

- Select 'save password' when you log-on to avoid having to log-on again at different points during your session, note: this is **not recommended** when you are using a **public computer**.
- Place your mouse cursor over the icons to see a description of what they do.
- You can turn subscriptions on and off by clicking on the subscription icon.
- Subscribe to categories that you are interested in, and you will be sent an email each time a new topic is posted.
- If you want to insert a signature in your posts, you need to create this in the 'User Profile' section first.
- MHpro does not have spell check.....