

INVITATION FOR GPs

Mental Health: Low Intensity Psychological Services

Wednesday 3 May 2023 | online webinar

Metro North Health and Brisbane North PHN invite GPs to join us and our panel of experts for an evening of education and discussion.

GPs are seeing a rising number of patients presenting with mental health-related issues, many of whom would benefit from low intensity psychological interventions. This webinar will highlight the PHN and government-funded low intensity services available for patients, including digital supports, and how to access them. Find out how to best utilise these services for the benefit of patients.

This education will be in webinar format with registrants able to submit questions during the event. Further information and links to access the webinar will be sent out in a separate confirmatory email on registration.

Learning outcomes

- increase awareness of digital psychological support services available for patients
- increase awareness of low intensity psychological services available in the Brisbane North region, and the referral process
- understand referral options for culturally and linguistically diverse patients who require mental health support.

Presenters

- Annette Ruzicka, Program Manager, World Wellness Group
- Lisa Inger, Senior Manager, New Access, Richmond Fellowship Queensland
- Heidi Sturk, Director, eMHPrac (e-Mental Health in Practice)

If unable to attend after registration, please email mhaod@brisbanenorthphn.org.au.



Event details

Date: Wednesday 3 May 2023
Time: 6.30 pm - 8.30 pm (AEST)
Venue: Online webinar, Zoom
Cost: No cost to attend

Activity ID: 474390
(1.5 EA | 0.5 RP)



Topics

New Access Program - guided six sessions self-help program, developed by Beyond Blue and delivered by mental health service providers, using low-intensity CBT.

World Wellness Group – accredited mental health professionals providing social, emotional and mental health support through three programs, from over 50 different cultural backgrounds, and speaking more than 60 languages.

eMHPrac – Australian government-funded digital resource to raise health practitioner awareness and knowledge of digital mental health, eMHPrac provides a range of resources including a directory of digital mental health resources.

Register here



Register using the QR code or link:

<https://us06web.zoom.us/meeting/register/tZlpcuGvrzotGNSsp7zQ7S3halYd-j1eq6ELa#/registration>

For more information, please email

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