

# Invitation for GPs

## Mental Health: Brief psychological interventions

Thursday 7 September 2023

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

GPs are the first point of contact for many patients experiencing psychological distress, and GPs are caring for increasing numbers of patients with mental health issues.

Mental illness is the single most common reason for patient visits to a general practitioner, and general practice bridges the gap between the community and institutions such as hospitals and mental health outpatient services. As demand for psychological services increases, there are often delays for patients to access these services, and GPs continue to support their patients during this time.

Presentations will include how to perform brief interventions that can be used in your day-to-day practice to support these patients, increasing GP confidence in managing more complex patients, and reducing patient distress.

**Presenters and program will be available soon.**

For more information, please email [mhaod@brisbanenorthphn.org.au](mailto:mhaod@brisbanenorthphn.org.au).

### EVENT DETAILS

**DATE AND TIME:**

6.30–8.00 pm (AEST)  
Thursday 7 September 2023

**VENUE:**

Online webinar – Zoom

**COST:**

No cost to attend

**Activity ID:** Pending approval

### REGISTER HERE



Register using the QR code or link below.

<https://us06web.zoom.us/join/register/tZEIduCorDwiHdaVn9I-53k1CnNVKmG4cXRc>