

# Dealing with Depression in Rural Australia

Mental Health Skills Training, Category 1- 40 CPD Points,  
6 Hours CPD



## Duration

6-hours  
Plus morning tea, lunch and afternoon tea

## Program Outline

Depression is a common condition frequently managed in primary care.

Identifying and managing depression in a rural context presents a unique set of challenges for health professionals providing mental health care in their communities.

Dealing with Depression in Rural Australia is a highly interactive, multi-disciplinary program developed specifically to address the needs of clinicians delivering health care for people presenting with depression in a rural setting.

Using a case-based problem solving format, the program outlines a practical framework for assessment and management planning readily applicable to primary care.

## Accreditation

- 40 RACGP QI&CPD Category 1
- 30 ACRRM PRPD
- Approved by the General Practice Mental Health Standards Collaboration (GPMHSC) for Mental Health Skills Training (MHST) Skills Training (MHST)
- 6 hrs CPD (Psychologists)

## Prerequisites

Completion of predisposing activity

## Suitable for

Primary audience: GPs, GP registrars, psychologists, mental health nurses, counsellors, practice nurses

## Topics Covered

- Assessment and Diagnosis
- Management

## Learning Objectives

- Diagnose clinically significant depression
- Recognise the contribution of biological, social and psychological factors to the current depressive episode
- Assess and manage risk in the depressed patient
- Select pharmacological treatment best suited to the individual patient
- Develop a comprehensive mental health treatment plan derived from the formulation of the depressive episode



## To Register

Visit [www.blackdoginstitute.org.au/gpcalendar](http://www.blackdoginstitute.org.au/gpcalendar) or [www.blackdog.org.au/psychologycalendar](http://www.blackdog.org.au/psychologycalendar)

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