

**Northern NSW Two-Part Mental Health Webinar**

# Recovery in the Community

## Action Signs for Recognising Mental Health Needs

This two-part place-based CPD series invites GPs, practice nurses, psychologists, mental health nurses, social workers and Aboriginal health workers to explore the unmet mental health needs in the community, including those arising from bushfire-related trauma and COVID-19. Unpack the signs and impact of stacked distress and learn how primary health care providers can be proactive in response by using social care and eHealth services.

### PART ONE

## Meeting Mental Health Need in Northern NSW

In times of disaster and pandemic, who in our community needs additional mental health support? What are the hidden signs to watch out for? How can you empower the community to help an overwhelmed patient to engage with a system under pressure? This webinar will help doctors, nurses and allied health professionals answer these questions and take the next step for action.

**Tuesday 17 November 2020**

6.30–8.20pm

**Register Now**

[www.bit.ly/mh-cpd-nsw-1](http://www.bit.ly/mh-cpd-nsw-1)

### Learning outcomes

By attending this webinar, you will be able to:

- Explain the concept of 'action signs' for unmet health needs and how they can be used to increase community awareness of untreated moderate to severe mental health problems.
- Identify local referral networks for local community wellbeing/support, mental health and drug and alcohol services.
- Use appropriate screening tools for alcohol, drug use and mood disorders in a community or general practice setting.
- Facilitate communication and assessment for under-served populations.
- Describe practical strategies for engaging young people and adults in mental health and drug and alcohol services.

**Turn to page 2 for information on PART TWO: Recognising Stacked Distress.**

This webinar series will also be delivered in the Mid North Coast on Wednesday 18 & 25 November.



## PART TWO

# Recognising Stacked Distress

**Tuesday 24 November 2020**

6.30–8.20pm

From drought to bushfire to flood to pandemic, our patients are facing a remarkable series of stacked events that may impact their mental health. Who is most at risk for the consequences? What connections can we build to address these layers of distress? How can GPs provide leadership in a time of multidisciplinary chaos? This webinar is for all GPs, nurses and allied health professionals interested in developing the skills to provide a meaningful response to patients in distress.

### Learning outcomes

By attending this webinar, you will be able to:

- Identify trauma reactions and implement the principles of trauma informed care when responding to patients expressing distress after an extreme weather event or natural disaster
- Implement organisational skills in times of multidisciplinary chaos
- Identify local approaches to support young people and adults to connect to community and utilise eHealth resources and services following distress
- Identify patients at risk of adverse mental health outcomes following traumatic experiences and refer appropriately for assessment and treatment

### What to expect

This two-part interactive webinar series will include predisposing activity, case studies, best practice evidence, consumer and carer perspective, case-based discussion, Q&A and retention activities. It will bring together an expert multidisciplinary panel consisting of a GP, psychiatrist, mental health nurse, psychologist, social support worker and researcher.

**Register Now**

[www.bit.ly/mh-cpd-nsw-2](http://www.bit.ly/mh-cpd-nsw-2)



**Prof Ian Hickie**



**Assoc Prof Liz Scott**



**Roger Falconer-Flint**

### HEAR FROM A RANGE OF LOCAL CLINICIANS AND OUR SPECIAL GUEST PANELISTS:

#### Professor Ian Hickie

Psychiatrist and Co-Director, Health and Policy at The University of Sydney's Brain and Mind Centre

#### Associate Professor Liz Scott

Psychiatrist, St Vincent's Private Hospital

#### Roger Falconer-Flint

Head of Marketing, Hello Sunday Morning

#### FACILITATED BY

**Dr Sarah Mollard**, General Practitioner

#### VENUE

This webinar will be delivered via LiveWebinar. A link to join the event will be emailed upon registration.

#### ENQUIRIES

02 6618 5445  
events@hnc.org.au

#### CPD POINTS

This is a RACGP and ACCRM accredited activity. Certificates of attendance will be provided.

