



A Clarence Valley Clinical Society Event

Collaborative Practice in Adolescent Mental Health

Half of all mental health issues start by 15 years of age*. While some action has been taken to implement services dedicated to young people, mental health needs during this critical period are still largely unmet. To increase the range of possible early interventions and limit the risk of poor mental health in the long term, integrated and multidisciplinary services are needed.

What to expect

Kick off the evening with some dinner and networking before exploring best approaches to working with young people who have mental health concerns. Using case examples, we'll discuss a range of reliable Australian online resources available to health professionals and share some tips for supporting adolescents through times of stress.

Learning outcomes

- Identify risk factors and warning signs of psychological distress in adolescents
- Develop the skills to have effective conversations around mental health and wellbeing with young people
- Identify referral pathways
- Examine evidence-based approaches to empower young people to better manage their own mental health

Who should attend?

GPs, psychologists and any primary health care professional with an interest in improving mental health outcomes for adolescents.

*Black Dog Institute

Wednesday 28 April 2021

6.00–8.00pm

Vines @ 139 Grafton
139 Fitzroy St, Grafton

FACILITATED BY

Dr Andy Williams, General Practitioner

Leanne Bryant, Workforce Manager, Healthy North Coast and Registered Nurse

SPEAKERS

Renee Harris, Senior Youth Access Clinician, HeadSpace Grafton

Mark McGrath, Community Engagement Officer, HeadSpace Grafton

Sally Thomason, Clinical Psychologist

Rose Hogan, StandBy Support, Grafton

Register Now

hnc.org.au/cvcs-adolescent-mh

CPD POINTS

Certificates of attendance will be provided, and we encourage you to self-submit for CPD/PDP.

ENQUIRIES

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education@hnc.org.au