

e-Mental Health in Practice and Low Intensity Services



Presented by Black Dog Institute and LifeSpan Central Coast

Workshop Details

Cost: *Free (generously subsidised by LifeSpan Central Coast)*

Where: *Conference Room 2, Level 2, Gosford Hospital, Gosford NSW*

When: *Wednesday 13th February 2019
1:30pm -3:30pm*

Suitable for: *Mental Health and Practice Nurses, Doctors, Counsellors, Allied Health Professionals and GPs*

In Partnership with:



LifeSpan™
Integrated
Suicide
Prevention
**Central
Coast**

Workshop

Participants will explore “low intensity” mental health, gaining a better understanding of various evidence-based alternatives to traditional face-to-face psychological services. The development of the stepped care model of mental health will be discussed, as well as advantages of the approach for the client and mental health system generally.

After this training participants will be able to:

- Recognise reliable online resources to help clients with mild to moderate mental ill-health, which can be used in place of, or as an adjunct to, face-to-face care
- Identify clients that would benefit from online mental health resources
- Identify the place of eMH resources in stepped care for mental health
- Identify at least 3 online treatment programs that may be useful for your practice
- Describe the ways in which you might use online treatment programs in your practice

Accreditation

- 4 RACGP QI&CPD Category 2



Register Online Here

or email CCLHD-Lifespan@health.nsw.gov.au

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