



Mental Health Information for Practice Nurses

One in five Australians experience mental illness in any given year and almost half of Australians will experience mental illness within their lifetime. The most common mental illnesses are depression, anxiety and substance use disorders. General Practices are often the first port of call for people seeking assistance with their mental health concern. It is important for Practice Nurses to be aware of self-help programs and support groups that are available for patients. Practice Nurses may also benefit from undertaking further education and training in mental health.

Online Self-Help Programs

E-Couch is a free online self-help program that provides information about emotional problems - what causes them, how to prevent them and how to treat them. It includes exercises to help people understand themselves and others better, as well as a set of strategies that might help people to improve their life. <https://ecouch.anu.edu.au>

Mood Gym is a free, interactive self-help program that provides cognitive behaviour therapy (CBT) techniques to assist people to prevent and cope with depression and anxiety. <https://moodgym.anu.edu.au>

My Compass is an interactive self-help service that aims to promote resilience and wellbeing for all Australians. People can track their moods, write about them and view information and tips to assist in managing mild to moderate stress, anxiety and depression. For more online programs and services, visit e-Hub Self-Help Programs for Mental Health and Wellbeing and/or Mind Health Connect Online Self Help Programs. <https://www.mycompass.org.au/>

Support Groups on the Gold Coast

MI Hub offer a variety of workshops, information sessions and support groups for people living with mental illness. Activities fall into four categories: Health & Wellbeing, Information & Resources, Community and Lifestyle.

Calendars change monthly and aim to support people on their recovery journey by providing opportunities to grow, learn and share.

MI Hub - Grow Support Groups are held weekly for people living with mental illness who want to overcome obstacles and start living a life full of meaning, hope and optimism.

For more details and activity schedules, contact: Southport: 5591 1750 or Palm Beach: 5587 0600 or visit: www.mifq.org.au/news-events/our-events

Practice Visits

Partners in Recovery facilitators are available to provide information on how PIR may be of benefit to eligible patients with mental health concerns. **Please call 1300 130 339** or email pir@gcphn.com.au to book a free presentation.

GP Psychiatry Liaison Service

A Consultant Psychiatrist from Gold Coast Health is available to provide in-Practice education, support and case conferencing for GPs. If you believe GPs from your Practice could benefit from this service. **Please call 0407 453 349** to book a free presentation.

Further Mental Health Training for Practice Nurses

BMJ Learning offers the following free online modules (1 hour/module) which were developed by Professor Sheila Hardy (UK) <http://learning.bmj.com/learning/home.html>

- Managing alcohol and drug misuse in primary care – a guide for Practice Nurses
- Medication for mental health problems in primary care – a guide for Practice Nurses (Part 1)
- Medication for mental health problems in primary care – a guide for Practice Nurses (Part 2)
- Your patient's journey
- Care Planning – a guide for Practice Nurses
- Specific mental health conditions – a guide for Practice Nurses

PIR Referrals 1300 130 339 Online referral www.pirgoldcoast.com.au

Proudly sponsored by Partners in Recovery (PIR) Gold Coast. This is a Federally funded program.

Please see the Gold Coast's largest online health services directory at www.healthygc.com.au for a full list of current Mental Health Providers.