



## Mental Health Information for GPs

### Local Resources for GPs

#### Gold Coast Health - Acute Care Team

Phone 1300 MH CALL (64 2255) [www.health.qld.gov.au/goldcoasthealth/html/services/mh-act.asp](http://www.health.qld.gov.au/goldcoasthealth/html/services/mh-act.asp)  
24-hour specialist mental health care including advice, referrals, crisis and support.

For referrals please see: [www.healthygc.com.au/Resources/Mental-Health](http://www.healthygc.com.au/Resources/Mental-Health)

#### GP Psychiatry Liaison Service

Phone 0407 453 349  
Consultant Psychiatrist for telephone support and/or in-Practice education, support and case conferencing.

#### Alcohol and Other Drugs Services

AODS Central Gold Coast 5687 9119  
AODS Southern Gold Coast 5525 5701

[www.goldcoast.health.qld.gov.au/our-services/alcohol-and-other-drugs-service-aods](http://www.goldcoast.health.qld.gov.au/our-services/alcohol-and-other-drugs-service-aods)

#### Partners in Recovery Gold Coast

Phone 1300 130 339  
Online referral [www.pirgoldcoast.com.au](http://www.pirgoldcoast.com.au)

#### Mental Health Professionals' Network

Phone 1800 209 031  
5 networks exist on the Gold Coast  
[www.mhpn.org.au/find-network](http://www.mhpn.org.au/find-network)

#### MI Networks

Local information and referral from mental health specialists  
<https://www.mifq.org.au/how-we-work/group-support>

### Online Resources for GP's

#### HealthyGC

Mental Health Resources  
[www.healthygc.com.au/Resources/Mental-Health](http://www.healthygc.com.au/Resources/Mental-Health)  
AOD Resources  
[www.healthygc.com.au/Resources/AOD](http://www.healthygc.com.au/Resources/AOD)

#### Children of Parents with a Mental Illness for GPs

[www.copmi.net.au/professionals-organisations/how-can-i-help/advice-by-setting-general-practice](http://www.copmi.net.au/professionals-organisations/how-can-i-help/advice-by-setting-general-practice)

#### beyondblue for Health Professionals

[www.beyondblue.org.au/resources/health-professionals](http://www.beyondblue.org.au/resources/health-professionals)

#### Headspace for Health Professionals

[www.headspace.org.au/health-professionals](http://www.headspace.org.au/health-professionals)

### Online training resources for GP's

#### The Black Dog Institute for Health Professionals

[www.blackdoginstitute.org.au/healthprofessionals/index.cfm](http://www.blackdoginstitute.org.au/healthprofessionals/index.cfm)  
The Black Dog Institute provides specialised education and training programs for GPs and Psychologists that focus on the identification, treatment and management of depression and bipolar disorder in the general population. The Black Dog Institute also education and resources for the community under the 'For Everyone' tab.

**eMHPrac** - A Resource Guide for Practitioners - Australian e-mental health resources by crisis, diagnosis, specialist target group and delivery mode.

**The Psychological Toolkit** - Collection of practical resources to assist in the management of mood disorders in clinical work. Includes questionnaires and screening tools, charts to assist with treatment protocols, tools for self-monitoring, and exercises for patients.

**Mood Assessment Program** - The MAP is a computerised assessment and diagnostic tool for mood disorders.

**Academic publications** - archive of academic publications written by staff members of the Institute and its predecessor - the Mood Disorders Unit.

**Online training** - Through the use of simulated clinical case studies, this innovative online program will provide an understanding of the model and how to differentiate between the depression sub-types.

#### RACGP

[www.racgp.org.au/education/gpmhsc](http://www.racgp.org.au/education/gpmhsc)  
The General Practice Mental Health Standards Collaboration (GPMHSC) strives to ensure optimal mental health for the Australian population through ensuring high quality GP education and training in mental health.

**Accredited Mental Health Training** - The GPMHSC accredits a variety of mental health training programs for GPs. See the website for available skills training and CPD programs dually accredited with the RACGP and/or ACRRM.

**Better Access Initiative** - Managing Mental Health through Better Access Initiative.

**Information for GPs** - GP Mental Health Training & Education, GP Mental Health Treatment Plans.

**GP Resources** - Suicide Prevention Resources & Communications Resources for GPs.

**Mental Health Training Standards 2017-19 Triennium** - The Mental health training standards 2017-19: A guide for GPs provides information for GPs on the types of mental health training programs the GPMHSC accredits, what they should expect to gain from completing each type of training program and which MBS item numbers relate to the different types of accredited training.

**PIR Referrals 1300 130 339 Online referral [www.pirgoldcoast.com.au](http://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](http://www.healthygc.com.au) for a full list of current Mental Health Providers.**