



Chrysalis Wellbeing Series Session 5: Working with Aboriginal Patients in a Mental Health and Wellbeing Context

PHN EDUCATION SESSION

The Chrysalis Wellbeing Series of webinars aims to provide information and resources to enhance the mental wellbeing of Primary Care Health Professionals, their patients and consumers. This session will explore a range of issues relating to the provision of culturally safe and trauma informed care for Aboriginal patients, and an Aboriginal Social and Emotional wellbeing model for best practice in Aboriginal Mental Health.

Learning outcomes include:

- Adopting holistic, person and family-centred care and healing, as well as culturally safe, trauma informed quality & connected care in general practice.
- Adopting appropriate and non-offensive word usage when working with aboriginal patients and their families.
- Engaging an Aboriginal Person, as well as services available for culturally safe support and mental health referrals.
- Applying culturally safe psychological screening practices to ensure Aboriginal patients get appropriate support.
- Understanding culturally safe lifestyle interventions to improve Aboriginal mental health and wellbeing.

SPEAKERS: **Dr Anita Watts** (General Practitioner & Conjoint Senior Lecturer, School of Medicine and Public Health, Indigenous Health, UON);
Sally-Ann Avery (Manager of Aboriginal Drug and Alcohol Services, CCLHD);
Georgina Moore (Mental Health Nurse Unit Manager, Indigenous Health, Brisbane Waters Private Hospital);
Ray Kelly (Exercise Physiologist & Indigenous Health Consultant).

WHO: **General Practitioners, Nurses, Allied Health Professionals**

WHEN: **Thursday 27th May, 6:30 pm – 8:00 pm**

WHERE: **Online via GoTo Webinar**

RSVP: **Please [click here](#) to register**

The *Chrysalis Wellbeing Series* will also feature the following events:

- **Social Prescribing** – 23rd June 2021
- **Deliberate Self Harm** – 28th July 2021

