



Chrysalis Wellbeing Series Session 2: Managing Mental Health and Disaster Response

PHN EDUCATION SESSION

The 'Chrysalis Wellbeing Series' of webinars aims to provide specialised education, information and resources to enhance the mental wellbeing of Primary Care Health Professionals, their patients and consumers. The series will cover vulnerable population groups, provider self-care and accessing primary mental health services.

This session will assist in the recognition of the common reactions to disaster, trauma, and prolonged stress. It aims to increase confidence in holding conversations about mental health using basic counselling and communication skills. It will increase knowledge of practical strategies, helpful responses and resources, to assist those impacted by chronic stress reactions, and will build confidence in recognising when to refer to, or encourage professional mental health care.

Our speakers represent [CRANA Plus](#), the peak professional body for remote health; [Phoenix Australia](#), Australia's National Centre of Excellence in Posttraumatic Mental Health, and [This Way Up](#), a trusted Australian provider of evidence-based, internet-delivered Cognitive Behavioural Therapy (iCBT) programs. They will share insights into the role of both organisations in providing education and resources to support the mental health of affected communities and health professionals.

WHO: GPs, Nurses, Allied Health Professionals, Practice Managers

WHEN: Wednesday 31st March 2021, 6.30 pm – 8.00 pm

WHERE: Online via livestream webinar

RSVP: Please [click here](#) to register. Slido will be used on the night for questions and session evaluation, please go to [slido.com](#), enter event code: #CWS2



Managing Mental Health and Disaster Response

SPEAKERS:

DR AMEETA PATEL is an Australian trained general practitioner with experience in a variety of primary care settings, medical education, professional development, governance and regulation. Dr Patel's career in Australia includes leadership roles in medical regulation, Aboriginal health, rural and remote health, private general practice, medical education and board directorships. In 2020 Ameeta was appointed a Director of the Doctors Health Advisory Service board. Ameeta currently lives on Lake Macquarie and practices as a GP in her local community whilst caring for an aging mother.



CATH WALKER (CRANA Plus). Cath is a psychologist and previously a Registered General Nurse. She has over 30 years' experience working in mental health in regional and remote Australia. Since 2015 she has worked with RFDS Qld and with RFDS Victoria (since the Gippsland fires). Cath is currently working on this CRANaplus project providing mental health training for health professionals in drought and bushfire affected areas.



ANITA SAVIC (Phoenix Australia). Anita is a clinical and counselling psychologist with extensive experience in the mental health and wellbeing of high risk populations, including 10 years' experience working within the police and emergency services sector. Her clinical experience includes delivering evidence-based mental health interventions to those impacted by trauma. At Phoenix Australia, Anita works across service development and training projects that focus on translating evidence into practice, and improving capacity to manage the impact of traumatic events.



DR MIKE MILLARD is a Consultant Psychiatrist based in Sydney, and the Clinical Director at the Clinical Research Unit for Anxiety and Depression at St Vincent's Hospital and the University of NSW. He specialises in adult mood and anxiety conditions, including sub-speciality skills in cognitive behaviour therapy, tailored medication approaches, neurostimulation, medical education and the application of health technology. He is the Director of ThisWayUp.org.au, a leading evidenced based provider of digital mental health and well-being services.



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

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| • Session 3 – Older Persons Mental Health: | 21 st April 2021 |
| • Session 4 – Deliberate Self-harm: | Date TBA |
| • Session 5 – Indigenous Mental Health: | 2 nd June 2021 |
| • Session 6 – Social Prescribing: | 23 rd June 2021 |
| • Session 7 – Supporting Young Transgender People: | Date TBA |



Most of our online events are recorded and are available for viewing in our [Education Library](#) on our website.