



Chrysalis Wellbeing Series Session 1: Pathways into Primary Mental Health Services

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.

Session one is an introduction to the MindHealth Early Intervention Phone & Online Counselling Service, and will provide an introduction to the Department of Health's initial assessment and referral guidance. The session will provide information around local referral pathways into primary mental health and increase confidence in making mental health referrals in primary care.

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

WHEN: Wednesday 17th 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 evaluation, please go to [slido.com](https://www.slido.com), enter event code: #CWS1



Chrysalis Wellbeing Series Session 1: Pathways into Primary Mental Health Services

SPEAKER: POONAM DARU (Practice Knowledge Coordinator, On The Line, Counselling & Mental Health Services)

SESSION: THE MIND HEALTH HELPLINE COUNSELLING SERVICE

Topics to be covered:

- Introduction to MindHealth Helpline
- Referral, Intake and Assessment
- Counselling and Support



Learning Outcomes:

- Understand MindHealth Helpline and who it is for
- Understand how health professionals can refer a client to MindHealth

SPEAKER: JENNI CAMPBELL (Director, Morgan Campbell Health Consultants)

SESSION: NATIONAL INITIAL ASSESSMENT AND REFERRAL FOR MENTAL HEALTHCARE INITIATIVE

Topics to be covered:

- Introduction to Initial Assessment & Referral (IAR) and the development of the National Guidance
- Orientation to the domains, levels of care, and decision support tool in the context of the HeadtoHelp intake
- Application of the IAR-DST in practice settings



Learning Outcomes:

- Participants are familiar with the principles underpinning the national approach to stepped care
- Participants have awareness of and confidence in the IAR development process
- Participants understand the Levels of Care and can determine regional services matched against the levels of care
- Participants understand the principles related to clinical decision making and consumer choice and can practice in accordance with these principles using supported decision-making strategies

SPEAKER: GENERAL PRACTITIONER REPRESENTATIVE (to be advised)

SPEAKER: DENISE LYONS (HealthPathways Clinical Editor)

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

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| ➤ Session 2 – Mental Health & Disaster Response: | 31 st March 2021 |
| ➤ Session 3 – Older Persons Mental Health: | 21 st April 2021 |
| ➤ Session 4 – Youth Suicide Prevention: | 12 th May 2021 |
| ➤ Session 5 – Indigenous Mental Health: | 2 nd June 2021 |
| ➤ Session 6 – Social Prescribing: | 23 rd June 2021 |

