

PAUL KOCHANOSKI

B.PHARM, DIP.HOSP.PHARM, (U SYD)

COMMUNITY PHARMACIST

GLOUCESTER PHARMACY, NSW (UPPER
HUNTER)

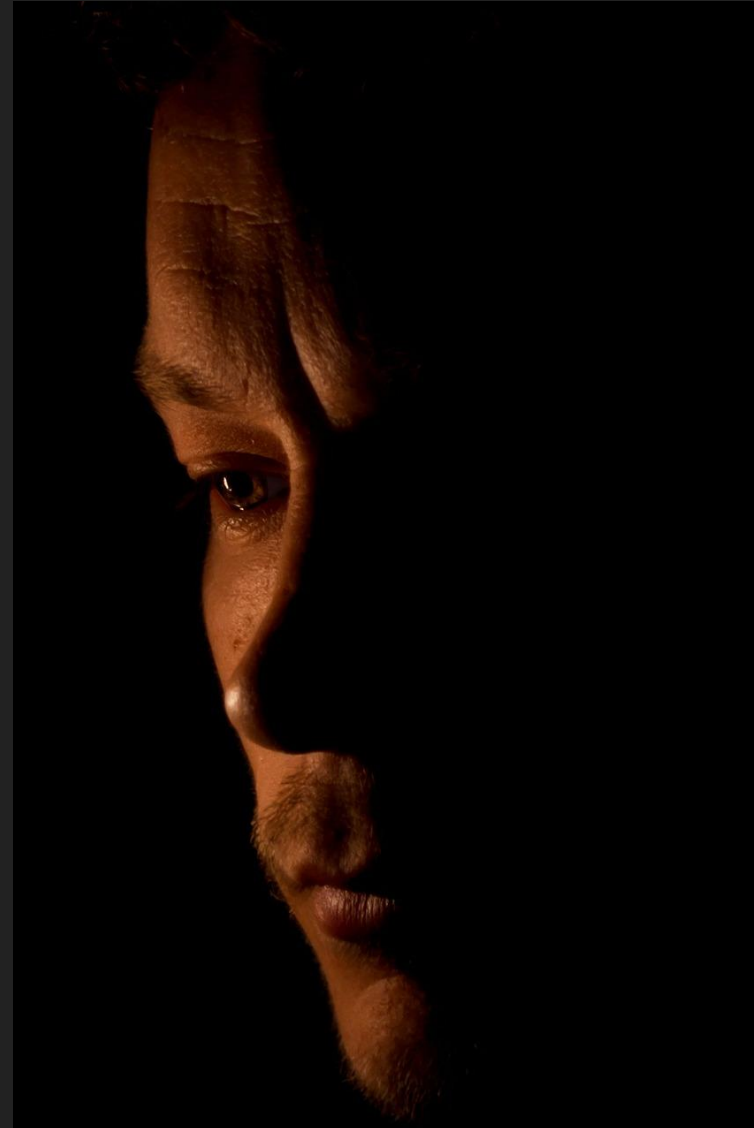
REVOLUTIONISING MENTAL HEALTH
PRACTICE USING A WHOLISTIC APPROACH

DO YOU WISH YOU COULD DO MORE FOR YOUR CLIENTS LIVING WITH A MENTAL HEALTH ILLNESS?

- ▶ 22 years experience in Community Pharmacy Practice (metro & rural/remote)
- ▶ growing interest in Mental Health and Lifestyle Medicine
- ▶ Trained to deliver three 'Wellness Programs'
 - ▶ Depression & Anxiety Recovery Program (NedleyHealth.com)
 - ▶ Live More (EliaWellness.com)
 - ▶ De-stress and Thrive (EliaWellness.com)

MULTI-FACETED APPROACH

- ▶ offer hope
- ▶ initiate the conversation
 - ▶ “Are you aware...?”
 - ▶ “Are you interested in learning more about...?”



MAY I INTRODUCE *

BRUCE elderly gentleman
feeling a bit down

TIM - busy tradie
- 'whole package' therapy

NATALI - "I need help..."
- 31 yo, 2 kids

*names changed to protect confidentiality. All actual people and happened in 2020/21

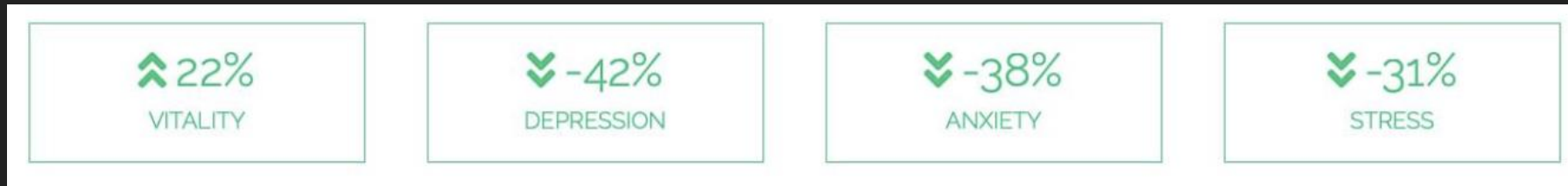




PHARMIBRIDG E RCT (U GRIFFITH, U Intervention site, and includes SYD, PSA, PHARM GUILD)

CONSIDER

- ▶ LIFESTYLE ADVICE - move dynamically, outdoors etc
- ▶ ONLINE PROGRAMS (SPECIFIC)
 - ▶ www.EliaWellness.com



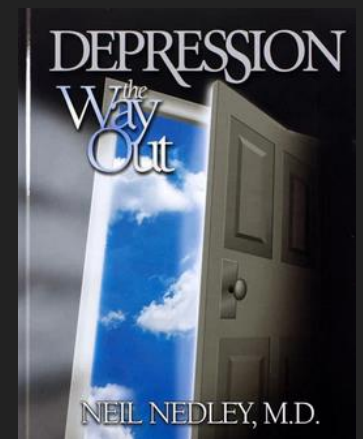
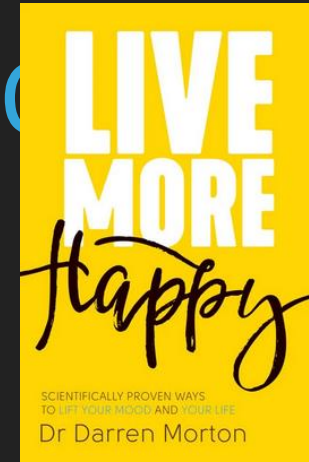
- ▶ www.NedleyHealth.com

CONSIDER - WWW.NEDLEYHEALTH.COM

- ▶ DIET - amino acids* 1) tryptophan & 2) tyrosine rich foods
 - ▶ * with carbohydrates, can then be used by brain
 - ▶ 1) pumpkin seeds, chia seeds, sesame seeds, tofu
 - ▶ 2) watermelon, soybeans, pumpkin seeds, tofu
 - ▶ increase wholesome, wholefood plant-based food (walnuts, avo, blueberries, chia seeds)
- ▶ NATURAL SUPPLEMENTS
 - ▶ esp Flaxseed (omega 3), VitB, VitD, Mg, Zn, > gut health

CONSIDER - BOOKS (& OTHER RESOURCES)

- ▶ “Live More Happy” - Dr Darren Morton
- ▶ “Depression - the way out” - Dr Neil Nedley
- ▶ “Think Big” - Dr Ben Carson
- ▶ “Simple, Tasty, Good” - cookbook
- ▶



- ▶ Contact: Paul @ Gloucester Pharmacy for more info/mentoring







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- ▶ Questions?