

Webinar series for GPs: Managing the shadow effects of the pandemic

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Webinar two resources: Strategies for GPs dealing with patients' heightened anxiety and stress

The resources outlined below supports the strategies discussed during the webinar.

- Accessing mental health services poster for GPs . [View the poster.](#)
- Victorian HeadtoHelp mental health service factsheet and clinic locations. [View the factsheet.](#)
- Healthy Ageing Service Response (HASR), a new service designed to support the healthy ageing of older adults in the north-eastern and eastern suburbs of Melbourne. [View the flyer.](#)
- Psychiatric Advice & Consultation Service, free of charge, specialist psychiatric advice for GPs. [View the flyer.](#)
- STEPS mental health services, free service for those living and working in Inner and Outer East of Melbourne who cannot otherwise afford mental health services. [View the flyer.](#)
- The GP Mental Health Treatment Plan (GP MHTP) templates can enhance the quality of mental health care provision and support GPs in the management of patients with a mental illness. [Download the templates.](#) There are four templates available for download:
 - a short-form template titled Minimal requirements
 - a template for use with adult patients
 - a template for use with child and adolescent patients
 - a template as a Subjective Objective Assessment Plan (SOAP)
- Pre-webinar case reading. [Read here.](#)

HealthPathways Melbourne

Pathway as outlined during the webinar is [COVID-19 Mental Health](#). Click to view and save the image below of the pathways.

HealthPathways Melbourne: Mental Health

Other related pathways:

Mental Health

In This Section

- ADHD in Children and Youth
- ADHD in Adults
- Alcohol and Drugs
- Anxiety in Adults
- Bereavement, Grief, and Loss
- Bipolar Disorder
- Child and Youth Mental Health
- Depression in Adults
- Disaster Mental Health in Adults
- Eating Disorders
- Pregnancy and Post-Partum Mental Health
- Problem Gambling
- Psychosis
- Self-harm
- Suicide Prevention
- Mental Health Service Referrals

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The screenshot shows the 'COVID-19 Mental Health' pathway page on the HealthPathways Melbourne website. The page is titled 'COVID-19 Mental Health' and includes a 'Last updated: 21 September 2020' notice. It features a 'Real flags' section with a red arrow pointing to 'Suicide risk', 'Serious exacerbation of pre-existing mental illness e.g. psychosis, mood disorder', and 'Family violence'. Below this is a 'Background' section with a blue header and a sub-section 'About COVID-19 mental health'. The 'Assessment' section contains a numbered list of steps: 1. Consider occupations at increased risk of mental health problems (Health-care workers, People placed in quarantine, People with the developing COVID-19, Unemployment and casualised workforce); 2. Assess for: exacerbation of any pre-existing mental illness, new onset of mental illness, substance use, particularly alcohol; 3. Ask the patient about: employment status, financial difficulties, well-being of dependent children; 4. Consider asking about relationship stress and screening for family violence, particularly if: quarantine or isolation, increased substance use, loss of employment. The 'Management' section includes a numbered list: 1. If patient has suicidal ideation or intent, follow the Suicide Prevention pathway; 2. Refer for urgent adult or child and/or mental health assessment if: serious risk of harm to self or others, severe mental illness; 3. Reduce anxiety by educating patients about COVID-19, including the concept of flattening the curve and protective measures to minimise; 4. Use simple supportive counselling strategies, which are often very helpful during a crisis e.g. empathic, reflective listening; 5. Advise the patient about general measures to maintain mental well-being; 6. Offer access to technology-enabled mental health services where appropriate.