

# SUPPORTING YOU TO SUPPORT THEM

## Additional resources for GPs



### About this resource

This is handout 3 of 3 in the “While You Wait” resource kit. The following resources have been collated for GPs to support them in their work.

The “While You Wait” resource kit has been developed to help GPs and their patient create a plan for their first specialist mental health appointment.

GPs and patients can use these resources in a variety of ways. The aim is to make sure that the patient has the support they need to prepare so they can get the most out of the time while waiting to see their mental health specialist.

### Supports for GPs

We should acknowledge that just as this is a distressing time for patients, GPs need support too.

Practitioner specific counselling support is available through:

- [The Doctors Clinic](#)
- [DRS4DRS](#)
- [RACGP GP Support Program](#)
- [AMA Doctors for Colleagues](#)

## Support networks and professional development

We recommend that all GPs consider seeking peer or facilitator-led supports. These can

include individual supervision or group supervision such as Balint groups, or peer support groups.

Course/Resource	Description
<a href="#">Australian Society for Psychological Medicine Mental Health CPD</a>	For GPs who deliver psychological therapy. <b>Cost:</b> Check with organisation
<a href="#">Balint Groups</a>	Peer group consisting of various mental health clinicians in AU/NZ for professional discussions re: managing patients with mental health issues. <b>Cost:</b> Check with organisation
<a href="#">Black Dog Institute - Mental Health Community of Practice</a>	Psychological toolkit from the Black Dog Institute, depository of practical resources that GPs could use during mental health consults. <b>Cost:</b> Free
<a href="#">Black Dog Institute - Webinars/ Masterclasses</a>	Webinars and masterclasses based on various mental health topics. <b>Cost:</b> Check with organisation
Cremorne GP Group	<p>GPs bring complex and challenging cases to discuss during the meetings, covering situations such as:</p> <ul style="list-style-type: none"> <li>• substance issues</li> <li>• personality issues</li> <li>• anxiety, depression, psychosis</li> <li>• complex psycho-social situations</li> <li>• safety</li> </ul> <p>The focus is not solely on the complexity of the case, but also explores the impact that managing these issues has on practitioners. The GP support group meets on the last Tuesday of every month from 6pm with psychiatrist Dr Joe Dunn.</p> <p><b>Contact:</b> Dr May Su at <a href="mailto:gpsupgrp@gmail.com">gpsupgrp@gmail.com</a> <b>Cost:</b> Free</p>

<a href="#">Health Pathways SLHD</a> and <a href="#">Health Pathways SESLHD</a>	<p>An online resource that aims to improve the management of patients in and between primary and secondary care, through clearly defined pathways and protocols, as well as improving communication between clinicians.</p> <p>Contact your PHN to find Health Pathways sites in other areas.</p> <p><b>Cost:</b> Free</p>
<a href="#">Mental Health Skills Training (MHST) Level 1</a> GPMHSC	<p>MHST Level 1 provides education and training in the assessment, treatment, planning and review of mental health issues commonly presented in general practice.</p> <p><b>Cost:</b> Check with organisation</p>
<a href="#">Mental Health Skills Training (MHST) Level 2 - Focused Psychological Strategies Skills Training</a> GPMHSC	<p>MHST Level 2 develops skills in the provision of evidence-based psychological interventions as part of a GP Mental Health Treatment Plan (GPMHTP) for common mental health illnesses.</p> <p><b>Cost:</b> Check with organisation</p>
<a href="#">RACGP Mentoring Program</a>	<p>This program is offered to RACGP Fellows to support them professionally and personally.</p> <p><b>Cost:</b> Check with organisation</p>

You can also view the [catalogue of professional development opportunities](#) focused on working with priority population groups that was developed as part of the Central and Eastern Sydney Regional Plan.

## Services for GPs in Central and Eastern Sydney

Central and Eastern Sydney Primary Health Network has commissioned the following services to help GPs and with service navigation.

### GP Psychiatry Support Line

The GP Psychiatry Support Line is a free service for GPs working in Central and Eastern Sydney to help manage the care of mental health consumers.

The GP Psychiatry Support Line provides advice on:

- Diagnosis
- Investigation
- Medication
- Safety Planning

This service is not about triaging or referring consumers to a psychiatrist, but rather keeping consumers whose conditions are able to be treated within primary care under the care of their GP.

To access this service, you will first need to take 2 minutes to register (once only). You will need your AHPRA Registration Number and practice details.

### GP Liaison in Alcohol and Other Drug (GLAD) Project

GLAD aims to assist public Drug and Alcohol services to work collaboratively with you and your General Practice. A GLAD Drug and Alcohol Nurse can provide support to you and your patients through:

- Phone advice
- Practice visits
- Assessment and treatment plans
- Collaborative shared-care

This project is a collaboration with public Alcohol and other Drug services in all three Local Health Districts within CESPHN:

### Headstart - Local Service Navigation Tool

Headstart is a local website full of local services that support mental health and wellbeing. [Headstart Central and Eastern Sydney](#) list in-person services, provided locally, by not-for-profit organisations that can be accessed by self-referral or through a GP.

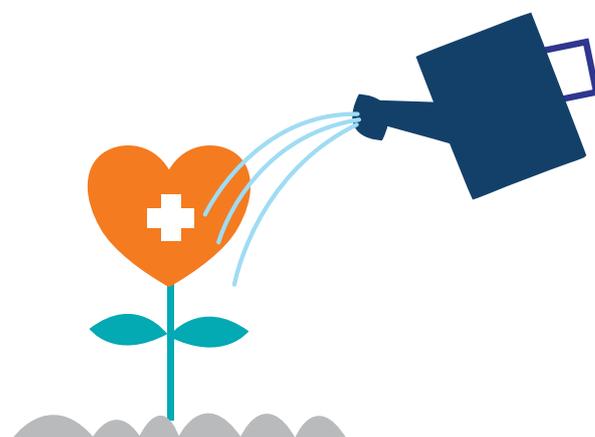
**Register online at:** <https://www.gpsupport.org.au/registration>

**Register over the phone:** 1800 16 17 18

- South Eastern Sydney Local Health District
- Sydney Local Health District
- St Vincent's Health Network

All people 18 years and over residing in CESPHN area with risky or hazardous substance use or substance use disorders are eligible to be seen in our services.

To make a referral or seek advice visit the [GLAD web page](#).



## Staying Safe

If you start to have thoughts of hurting yourself or others, it is important to seek help immediately. You can do this by calling the Mental Health Line on 1800 011 511. It is staffed by mental health professionals who will ask questions to determine if you need ongoing mental health care and how urgently it is needed. The Mental Health Line is available to everyone in NSW and operates 24 hours a day, 7 days a week.

**Call 1800 011 511.**

You may also wish to visit a Safe Haven. A Safe Haven is a place you can go if you're feeling distressed or having suicidal thoughts. To find your closest safe haven, visit the [NSW Health website](#).

**You can also call 000 in an emergency.**

