



30 August 2018

Stepped care and e-Mental health in general practice

For GPs and practice nurses

Participants will explore 'low intensity' mental health, gaining a better understanding of various evidence-based alternatives to traditional face-to-face psychological services. The development of the stepped care model will be discussed as well as advantages of the approach for the patient and mental health system generally.

Presented by:

EMPHN to provide an overview of their Stepped Care Model

Dr Jan Orman, General Practice Services Consultant, Black Dog Institute

Learning outcomes:

- recognise reliable online resources to help patients with mild to moderate health conditions which can be used in place of or as an adjunct to face-to-face care
- identify suitable patients for online resource use
- identify the place of eMH resources in stepped care for mental health
- identify at least 3 online treatment programs that may be useful for your practice
- describe the ways in which you might use treatment programs in your practice.

Event Details

Date: Thursday 30 August 2018

Venue: Eastern Melbourne PHN
Banksia Room, Ground Floor
18-20 Prospect Street
Box Hill

Time: 6.15pm registration and light supper
6.45-9.00pm session

Parking: Limited free street parking at this time. Paid parking available at Box Hill Central Shopping Centre.

[Register now](#)

Register via our website or click on the 'Register now' button above. www.emphn.org.au/events

Enquiries: Josie Terron 9046 0300 or events@emphn.org.au



**Black Dog
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