Project ECHO®

## Do you work with people with mental health conditions?

Project ECHO can support you in your work through case-based learning. Bring your de-identified cases for advice and support. Join our inter-professional community of practice meetings online.

General Mental Health ECHO

Every Tuesday 7 - 8 pm from 13 October to 15 December 2020

Each year, approximately one in every five Australians will experience a mental illness.

45%
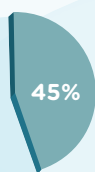
It is estimated about **45% of Australians** may experience mental illness at some point in their lives.

80% of people with an enduring psychotic illness **are diagnosed** with **at least one** coexisting chronic **physical health condition**.

Session Topics

Urgent mental health assessment

Diagnosis and intervention for personality disorders in primary care settings

Sleep disorders and mental health

Suicide prevention interventions

Treatment and management strategies for anxiety disorders in primary care settings

Weight gain and mental health

Behaviour change interventions for depression

Treatment resistant depression

Psychotropics and cardiometabolic effects

Drug and alcohol use in people with enduring mental illness

Hub
Multidisciplinary team of subject matter experts

Spokes
Participants from LHDs and primary care

Community
Individuals receive better care in their community

Learning loop

Knowledge exchange

Learning loop

For more information visit
bit.ly/slhd-echo

Who should join our ECHO?
- Local Health District Clinicians
- GPs
- Allied Health Clinicians
- Nursing Clinicians

Register for our ECHO
bit.ly/slhd-echo-registration

Benefits of ECHO
- **Provides clinicians** with access to subject matter experts and a network of peers
- **Online** interactive learning
- **Closed group** learning

- **Improved outcomes** for patients and families
- **No cost to join;** participate from your desk
- **Certificate of attendance for CPD point***

  *minimum of 6 sessions required

Questions? Contact us on **SLHD-ECHO@health.nsw.gov.au**