

## Supporting mental health needs

With October being Mental Health Month, Western Sydney Primary Health Network (WSPHN) is continuing to work closely with partners on projects to support those who may require professional assistance. This year's theme for Mental Health Month is "Share the Journey", encouraging individuals and communities to connect with others and recognise how important this is for our mental health and wellbeing.

Western Sydney Partners in Recovery (WSPiR) provides targeted assistance for individuals who experience severe mental health issues and is now taking new referrals via our referrals webpage.

The WSPiR team started the month with a bang by hosting a legacy lunch and have organised a Consumer and Carer event next week to acknowledge and share the journey of the program with clients and their families.

The day will be filled with activities such as tai chi, drumming workshops, a photo exhibition, therapy dogs, and the opportunity to plant your own seed to recovery. If you work in the mental health sector, know someone who is affected by mental health issues, or have played a part in your own or someone else's recovery journey, show your support by coming along and joining the fun.

Date: Wednesday 24th October Time: 11:00am to 3:00pm Venue: The Mount Druitt Hub, Ayres Grove, Mount Druitt

Among the many services available, the Western Sydney Recovery College offers a range of unique mental health courses that are available for health professionals, service providers, carers and community members.

WSPHN has also commissioned a number of services for western Sydney where health professionals can refer their clients:

☑Hospital to Home ☑Perinatal Service, facilitated by St John of God ☑Primary Mental Health Care A range of mental health pathways are also available in HealthPathways, accessible by using the below login details:

Username: health Password: w3stern



## Events

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### Marie Stopes Australia - Reproductive Health

Wednesday 24th October 2018

6:30pm - 8:00pm

### Working Together in Residential Aged Care

Tuesday 6th November 2018

6:30pm - 9:00pm

### Mount Druitt Community Diabetes Forum

Wednesday 14th November 2018

5:30pm - 8:00pm

### Mental Health Professional Network event

Thursday 29th November 2018

6:00pm - 8:30pm

## Other News

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### Updated Australian Refugee Health Practice Guide

The Australian Refugee Health Practice Guide website is now live and includes information about approaches to working with particular sub-population groups and online access to the recommendations for comprehensive post-arrival health assessment for people from refugee-like backgrounds (ASID & RHeaNA 2016). Please email [support@wentwest.com.au](mailto:support@wentwest.com.au) to order your hard copy.

You can access refugee health and many more HealthPathways using the below login details:

Username: health Password: w3stern

### RACGP Standards for point-of-care testing (5th edition)

The Royal Australian College of General Practitioners (RACGP) has released the Standards for point-of-care testing (5th edition) (the Standards), to improve the quality and safety of point-of-care testing performed by general practices.

To download the Standards, visit the RACGP website.

### My Health Record information session webinars

The Australian Digital Health Agency will be running two sector-specific webinar sessions to continue to raise

awareness of My Health Record. These webinars provide an opportunity to ask questions and learn more about the benefits, how it works, what's included and details of the system's privacy and security.

You can find out more and register for these webinars using the below links.

Disability: Tuesday 23rd October Homelessness and public housing: Wednesday 24th October

## GP Association meeting

The below GP Association meeting is coming up in western Sydney:

☒ Mount Druitt: Common Shoulder and Elbow Conditions, Friday 26th October

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