

One in 10 Men Experience Perinatal Depression, but Few Seek Treatment

One in 10 Australian dads experience perinatal depression or anxiety, but recent statistics reveal the number of fathers seeking help is dangerously low. Becoming a parent is a major developmental milestone for both men and women. It brings a level of biological, psychological, and relationship changes.

June marked a significant month for men with two important health awareness dates. These included Men's Health Week from 10th to 16th June and International Fathers' Mental Health Day on 17th June, raising awareness globally about the need to get better support for dads.

"Men often feel that their role in a family is to be strong and unemotional, but one of the greatest strengths any father can have is to be compassionate, and with that comes the capacity for vulnerability. Rather than seeing the management of our mental health as a weakness men need to adopt a positively focused strategy that good mental health can not only improve our lives, but also the lives of those we care about the most" said Clint Marlborough, Head of Mental Health Services at WentWest.

Western Sydney Primary Health Network (WSPHN) is a proud supporter of The Shed (formerly Men's Shed) at Mount Druitt – a partnership between Western Sydney University, The Men's Health Information & Resource Centre (MHIRC) and local service providers. The MHIRC has a series of resource kits for health practitioners which are available to download.

"It is critical GPs understand the growing rates of perinatal depression and anxiety in dads and ask them directly how they are going as a new parent. All fathers need is a referral and a Mental Health Care Plan to receive treatment" said Donna Kristianopulos, State Manager for St John of God, Raphael Services.

Additional Mental Health pathways will also be available next week on HealthPathways. Access this and other related pathways using the following login details: Username: health Password: w3stern



Events

Palliative Care Education Seminar

Thursday 27th June 2019

5:00pm - 8:30pm

Aboriginal Cultural Awareness Training

Tuesday 2nd July 2019

6:00pm - 9:30pm

My Health Record training on Medical Director

Wednesday 3rd July 2019

6:00pm - 9:30pm

HealthPathways: Urology Working Group

Wednesday 24th July 2019

6:00pm - 9:00pm

Other News

Measles Vaccination Catch-up Guide

Australia has experienced an increase in reported measles cases in 2019, associated with a 300% increase in cases globally, confirming the need to ensure protection against the disease through vaccination. The Australian Immunisation Handbook recommends that two doses of a measles-containing vaccine are required for protection against measles. The National Centre for Immunisation Research and Surveillance (NCIRS) has developed a guide to assist immunisation providers with decisions regarding measles vaccination catch-up for the Australian community. The guide can be downloaded from the NCIRS website.

RACGP GP Wellbeing Survey

The RACGP has launched the first GP wellbeing survey designed to gain insight and opinions on GP wellbeing in general practice. GPs and general practice registrars currently practising in Australia are invited to have their say and contribute. Your experience and insights will assist the RACGP in understanding the supports that are currently accessed, where future investment is needed, and the barriers and challenges faced by GPs regarding their own well being and mental health. All responses are anonymous. If you have any questions about this survey, please email the RACGP's Practice Technology and Management team on practicesystems@racgp.org.au

This Winter, Come Prepared

During the winter months there are lots of people around who may be unwell with a cold or flu. This can be a

dangerous time for someone who has Chronic Obstructive Pulmonary Disease (COPD) and catching these viruses can put them at risk of a flare-up. Come prepared this winter by completing a COPD Action Plan.

GP Association meeting

The following GP Association meeting is coming up in western Sydney: Mount Druitt: Common Eye Problems, Friday 26th July.

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