

## The Simple Question Helping People with Mental Health

Today, Thursday 12th September is R U OK? Day where we're encouraged to connect with the people around us and start a conversation with anyone who may be struggling with life. Suicide prevention is a complex and sensitive challenge and by taking the time to talk and listen, it's hoped that people can feel connected long before they think about suicide. This year, the theme is 'Trust the Signs, Trust your Gut & ask R U OK?' and tips on how to ask "are you OK?" can be found on the R U OK website. This morning, staff joined the Mental Health team for a morning tea and an opportunity to ask colleagues the important question.

For years, Western Sydney Primary Health Network (WSPHN) has focused on improving the wellbeing of those who live with mental health in Western Sydney by commissioning services aimed to assist with low to high intensity needs.

Below are some of our low intensity, free services that clients can access without a referral:

☒ MindGuide is an interactive app that provides drug, alcohol and mental health information and services in Western Sydney. Clients can access MindGuide via the website, [mindguide.org.au](http://mindguide.org.au) or download the app on a smart phone or tablet. ☒ Connections Western Sydney Helpline is a 24/7 psychological service for people who are at risk or have experienced symptoms of distress, anxiety or depression. Clients can call 1300 096 273 to speak to a counsellor or visit [ontheline.org.au/WShelpline](http://ontheline.org.au/WShelpline) for more information. For those with low to moderate needs, Primary Mental Health Care provides access to appropriate psychological services in Western Sydney. Eligibility criteria applies and more information can be found on the WentWest website. General Practitioners can refer patients by completing the online referral form.

Contact the Mental Health team at [PMHCadmin@wentwest.com.au](mailto:PMHCadmin@wentwest.com.au) for more information on the above mental health services.



Our Mental Health team ready for R U OK? Day morning tea

## Events

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### Webinar: Improve Continuity of Care with My Health Record

Tuesday 17th September 2019

1:00pm - 2:00pm

### Aboriginal Cultural Awareness Training

Tuesday 17th September 2019

6:00pm - 9:30pm

### Webinar: My Health Record – Supporting Delivery of Care in Paediatrics

Wednesday 18th September 2019

1:00pm - 2:00pm

### General Practice Quality Improvement Series: Accreditation, Data Driven Improvement and PIP QI

Tuesday 24th September 2019

6:00pm - 9:00pm

## Other News

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### Free Dementia Course

September is World Alzheimer's Month, an international campaign to raise dementia awareness, and the theme for 2019 is 'Let's talk about dementia'.

Wicking Dementia Research and Education Centre is offering a free Preventing Dementia Massive Open Online Course (MOOC) which examines the latest evidence on dementia risk factors and ways to reduce the risk. Find out more information and register on the MOOC website.

### Liver Wellness Program, HOTTeR West

The HOTTeR West program addresses the rising incidence of hepatocellular cancer (HCC) due to increasing prevalence of chronic viral hepatitis in Australia. The program aims to support patients and health professionals manage chronic disease that contributes to increased risk of HCC.

Health professionals can find out more about the program and download the referral forms at [liverwellnessprogram.com](http://liverwellnessprogram.com)

### EOI: GoShare Homelessness Toolkit Resources

Last chance to submit your expression of interest to have your practice or centre listed as a resource on the

Homelessness Toolkits in GoShare Healthcare.

If you are interested in this opportunity, please complete the EOI form and email to rowena.tagaloa@wentwest.com by Wednesday 18th September.

## GP Association Meeting

The following GP Association Meeting is coming up in Western Sydney:

Mount Druitt: Medicinal Cannabis, Friday 27th September.

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