

## There is no Health Without Mental Health

Mental Health is complex, diverse and has many factors influencing its expression and impacting on its management.

World Mental Health Day is on Thursday 10th October, and was established by the World Federation for Mental Health to draw attention to the importance of mental health, challenge perceptions about mental health, and reduce the stigma, misunderstanding and prejudice toward people suffering from mental health concerns.

The World Health Organisation states that mental disorders are among the leading causes of ill health and disability worldwide. At a global level, 25% of people will experience a mental health concern at some point in their lives, while nationally, 20% of Australians will. In parallel, the Australian Bureau of Statistics reported 3,048 Australians took their own lives in 2018, with over 93% of those deaths directly linked to mental health concerns and/or addiction.

Throughout this month, and particularly on this day, it's important to maximise awareness of mental health and help those who feel vulnerable by empowering them to seek professional support and create a lasting change.

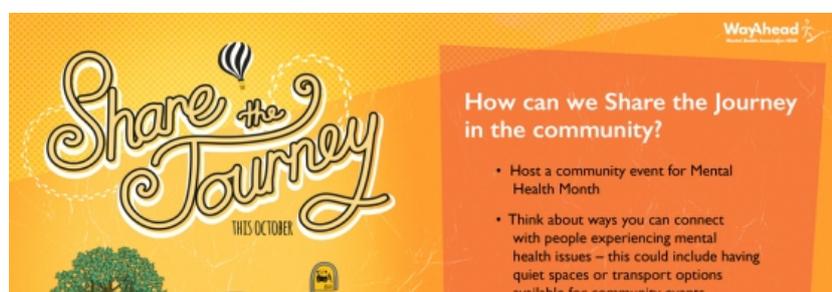
If you, or someone you know is in crisis and you think immediate action is needed, call emergency services on 000, contact your local mental health crisis service, or present to your local hospital emergency department.

To talk to someone for support, call:

☒ Lifeline – 13 11 14 ☒ Suicide Call Back Service – 1300 659 467 ☒ Connections Western Sydney Helpline – 1300 096 273 ☒ Domestic Violence Helpline – 1800 737 732 ☒ 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.

A range of mental health pathways are also available in HealthPathways, accessible by using the below login details:

Username: health Password: w3stern



## Events

---

### Google My Business and Web Presence in General Practice

Wednesday 16th October 2019

12:30pm - 1:30pm

### Fundamentals of Immunisation

Wednesday 23rd October 2019

6:00pm - 8:30pm

### National Disability Insurance Scheme GP Workshop - Assisting Patients with a Disability

Wednesday 23rd October 2019

6:30pm - 9:00pm

### Skin Cancer Medicine

Saturday 26th October 2019

8:30am - 5:00pm

## Other News

---

### Help Patients Walk for a Healthy Heart

Heart Foundation Walking is Australia's largest free walking network. As part of the Western Sydney Diabetes Initiative, the Western Sydney Primary Health Network (WSPHN) is seeking expressions of interest from general practices to establish Walking Groups. This initiative is a component of WSPHN's commitment to addressing chronic disease prevention and management. By establishing Heart Foundation Walking Groups in general practice, health professionals can empower patients to increase physical activity and improve heart health within a supportive and safe environment. For more information please contact Ashleigh Habkoug on (02) 8811 7117 or [ashleigh.habkoug@wentwest.com.au](mailto:ashleigh.habkoug@wentwest.com.au)

### RACGP Aged Care Clinical Guide New Edition

Medical Care of Older Persons in Residential Aged Care Facilities, a Royal Australian College of General Practitioners (RACGP) publication commonly known as the Silver Book, is one of the RACGP's flagship clinical resources. The fifth edition provides GPs with up-to-date information on the complex care of older people.

### BreastScreen Dates

BreastScreen is free for all women aged 40 years and over, but is especially important for women aged 50-74 years. Appointments can be made by calling BreastScreen NSW on 13 20 50. More information about screening locations and opening times can be found on their website. Western Sydney BreastScreen clinics can be found in the following locations:

North Rocks Shopping Centre - October 2019 Lidcombe Shopping Centre - November 2019 BCI Sunflower Clinics at MYER in Blacktown, Parramatta or Castle Hill BCI Sunflower Clinic at Mount Druitt Hospital

## GP Association Meetings

The following GP Association Meetings are coming up in Western Sydney:

Blacktown: Bread and Butter Paediatrics in General Practice, Wednesday 16th October.

Mount Druitt: Chronic Diarrhoea, Friday 25th October.

---

Copyright © 2015 WentWest, All rights reserved.

Level 1, 85 Flushcombe Rd, Blacktown NSW 2148

To unsubscribe email [weeklyupdate@wentwest.com.au](mailto:weeklyupdate@wentwest.com.au)

