**GP18 Mental Health Session**

It is estimated that 20% of Australian adults experience symptoms of a mental health disorder in any one year. BEACH data, and data from the RACGP’s 2017 Health of a Nation Report ,confirms that mental health presentations are common in Australian general practice.

While initiatives like Medicare’s “Better Access” have improved the accessibility of psychological services to eligible patients, there is still a need for GPs to have a range of tools in their psychological tool box to improve diagnosis and management of patients with common mental health concerns.

Low intensity mental health interventions are ideally suited for use in general practice where so many common mental health problems are seen. In the stepped care model of mental health care general practitioners need to be familiar and comfortable with a range of interventions, including online interventions, for the mental health conditions that they see in their practices every day.

Australia leads the world in the development of online treatment programs in mental health. A number of clinically useful programs have been developed and made available, mostly free of charge and without the need for referral.

Using an interactive, case-based format, this clinical update session will focus on the GP-based diagnosis and management of three important mental health issues affecting our patients and/or our GP colleagues.

1. Depression in adolescents (with discussion about social media use and cyber bullying)
2. Excessive alcohol use
3. Stress associated with sitting RACGP Fellowship exams, including management of performance anxiety and the importance of self-care.

It will include an introduction to the currently available Australian evidence-based online treatment options and consideration as to how we can effectively use them in primary care.