

# Stepped Care and eMental Health in General Practice



## GP Workshop - 2 Hour Module

### Duration

2 Hours (plus breaks)

### Program Outline

In this 2 hour workshop participants will be introduced to the concept of stepped care in mental health, specifically in the context of the way mental health problems present and are managed in primary care. The history and thinking behind the development of the stepped care model will be discussed, as well as its advantages of the approach for the patient and the mental health system generally.

### Accreditation

- 4 RACGP QI&CPD Category 2 Points

### Learning Objectives

At the completion of the module participants will be able to:

- Identify the place of eMH resources in stepped care for mental health
- Recognise that there are reliable online resources available to help their patients with mild to moderate mental health conditions which can be used in place of or as an adjunct to face to face care.
- Identify patients who would be suitable for online resource use
- Identify at least 3 online treatment programs that may be useful in their practice
- Describe the ways in which they might use treatment programs in their practice

**Suitable for** GPs, Registrars



## Request a Quote

Contact the Health Professional Education Team at [education@blackdog.org.au](mailto:education@blackdog.org.au)