

# TAKEAWAY MENTAL HEALTH

## Information for Divisions Takeaway Mental Health Training Package Accredited for Mental Health Skills Training

### Background

GP Connections and General Practice Queensland have developed the *Take Away Mental Health* training package due to the challenges for Divisions trying to access and provide quality GP Mental Health education in Queensland.

Divisions and GPs can access mental health education (e.g. Mental Health Skills Training) through Pharmaceutical companies, private providers, and on line learning. Often the education that is accessed through private companies is very costly and Divisions are not funded to pay for GP education in mental health.

This package will enable Divisions to arrange and coordinate Mental Health Education themselves without involving another party. The package contains full instructions including facilitator's workbook, participant workbook, DVDs, and a CD with all the printing a Division needs to role the training out. The training is focussed on depression and CBT strategies, recognition and treatment aspects for PTSD, and the introduction of motivational interviewing techniques to promote behaviour change in patients. All of the techniques are aimed at providing time limited strategies that can be utilised in the general practice setting.

This package has all the expert presentations on DVD. The Division's role in providing this training is to guide the facilitator and familiarise them with the training package. Each Division will be required to source two facilitators (a GP and allied health professional with extensive mental health experience) and a consumer and carer for the second session.

The development and costs of this training were very resource intensive. General Practice Queensland will be offering the complete training kit at a cost of \$375.00 (Including GST). Once a Division has purchased a package they will have the necessary tools to implement the training as many times as needed. The funds will be used by General Practice Queensland to develop further GP education resources in mental health.



**Takeaway Mental Health**  
developed by GP Connections in partnership  
with General Practice Queensland

An order form is available from General Practice Queensland. Please see email contact details below.

**What are the advantages of this kind of training?**

- Low cost for the Division – with the only cost for the Division being payment of your chosen facilitator.
- The GPs will have the training delivered by a local GP or allied health professional who they know and respect.

This activity has been approved by the RACGP QA&CPD Program.  
Total Points: 40 (Category 1) and is an Active Learning Module

**For more information please contact:**

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