**MENTAL HEALTH ISSUES IN PRIMARY CARE**

21ST OCTOBER 2021

Via ZOOM

9.15-4.00

**For All Advanced Practitioners working in Community settings.**

**WE HAVE A MENTAL HEALTH CRISIS ON OUR HANDS??**

**As society becomes more stressed we see more distress….**

How do we;

* Stay safe ?
* Be effective ?
* Prioritise time ?
* Make a difference ?

So we will focus on;

* Acute Stress Reactions
* Anxiety and Social Phobias
* Depression
* Emotionally Unstable Personality Disorder

**We Will Cover…..**

Theories around the causes of anxiety and depression

* review of talking therapy
* medication
* brief interventional techniques in CBT

The day will be delivered via ZOOM

I have been teaching using Zoom for over a year now. We use a range of techniques to ensure the days are informative and relevant using real results, student discussion groups and mini-lectures.

Please bring cases or email me with specific Learning Needs in advance.