



An Australian Government Initiative



## PRIMARY HEALTH NEWS

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### October is Mental Health Month

Mental Health Month is recognised and celebrated throughout the month of October in NSW. The aim of the campaign is to promote the importance of early intervention practices for positive mental health and wellbeing and reduce the stigma associated with mental health. The awareness campaign is held annually in October to coincide with the World Health Organisation's recognition of World Mental Health Day which is celebrated on October 10.


[Find out more >>](#)


### Reach out for help with exam stress

Soon Year 12 students will experience one of the most stressful times of their lives: exams. ReachOut.com, supported by the Australian Government, is there for students for free, 24/7 with exam stress support and advice. The service has already been accessed by young people and their parents more than 200,000 times.

[Find out more >>](#)

### Free online self-help program

myCompass is a free online self-help program for people with mild to moderate depression, anxiety and stress. It's also appropriate for people who simply want to build good mental health. It's core features include interactive learning activities and a lifestyle tracking feature to help users better understand themselves and learn strategies to improve their mental health.


**Black Dog  
Institute**
[Find out more >>](#)


### Support and resources for rural carers

A new initiative has been launched ahead of National Carers Week (October 14 – 20) to connect Australia's largest unpaid workforce with support and resources, especially in rural areas.

Embracing Carers™, a global movement to recognise the important role of carers in society worldwide, will roll out resources to help identify carers who may not even realise they are fulfilling that role. A key goal is to encourage self-identification of rural carers and help them access support and resources.

[Find out more >>](#)

### Improve your life with the Lung Foundation

This World COPD Day, Lung Foundation Australia is raising awareness of the symptoms of Chronic Obstructive Pulmonary Disease (COPD) and empowering people with COPD to take control of their condition. Hundreds of thousands of people across Australia

have COPD and don't know it. Often they're struggling with daily symptoms and experience a lower quality of life as a result. With the right diagnosis, treatment and support, people with COPD can dramatically improve their quality of life.



[Find out more >>](#)

## Events and Training

Upcoming events organised or supported by WNSW PHN include:

- **My Health Record Consumer Information** - October 17, Blayney
- **My Health Record Consumer Information** - October 18, Orange
- **GP Synergy Dinner - It ain't easy! Assessment and Feedback** - October 22, Broken Hill
- **UroLift System Procedure GP Education Session** - October 24, Dubbo
- **Common Lower Limb Deformities in Paediatric Patients** - October 24, Orange
- **Stroke and Endovascular Clot Retrieval - Primary Care CPD Webinar** - October 30
- **Medico Masterclass - Breast cancer: current trends in diagnosis and management** - October 31, Cowra
- **GP Education Day** - November 3, Orange
- **My Health Record Consumer Information** - November 7, Orange
- **Adult Spina Bifida: A model of multidisciplinary disability management** - November 13, Dubbo
- **Chronic Hepatitis C Treatment in General Practice - Primary Care CPD Webinar** - November 14
- **Hepatitis B Nursing Management and Care Training Workshop** - November 22, Dubbo
- **Caring for Colleagues, Caring for Ourselves** - November 24, Dubbo

Visit our [website](#) for a full list of events in your area

### Contact Western NSW PHN

Dubbo Head Office: First Floor, 187 Brisbane Street, Dubbo NSW 2830

Phone: 1300 699 167 Email: [admin@wnswphn.org.au](mailto:admin@wnswphn.org.au)

[www.wnswphn.org.au](http://www.wnswphn.org.au)

We acknowledge that we work on the traditional lands of many Aboriginal clans, tribes and nations. We commit to working in collaboration with our region's Aboriginal communities and peoples to improve their health, emotional and social wellbeing in the spirit of partnership.



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