



Health eMinds

ECHO

FOR NORTHERN AUSTRALIA

Delivering mental health education, peer connections and a supportive online community of mental health practice for Northern Australia

## Health eMinds ECHO for Northern Australia is here!

Health eMinds ECHO is a series of free interactive, case-based Mental Health education sessions delivered online. Bringing mental health professionals and Primary Care together to share knowledge, ideas and experiences.



## Each 1 hour session consists of:

- 10-minute didactic presentation by subject matter expert or panellist
- 5- 10 minute case or situation shared by a participant
- Opportunities for Q&A and discussion

Sessions are held via Zoom on the first Thursday of the month, between 1-2pm AEST

## Health eMinds ECHO benefits

- A virtual network to share mental health knowledge & experiences
- Connect with mental health specialists, peers and subject matter experts
- Improve mental health knowledge and skills
- Increase workforce confidence to support patients mental health in community
- Promotes peer support and engagement between health services



For further information or to register to join a Health eMinds ECHO session *please scan the QR code or visit* [uqecho.org/healtheminds-echo](http://uqecho.org/healtheminds-echo)