



**Invitation to attend**

# **Young Minds – Treating Depression and Anxiety in Young People Aged 12 – 24 yr**

## **For General Practitioners and Practice Staff**

**Dates:** Saturday 27<sup>th</sup> March 2010

**Time:** 9.00am – 4pm  
Lunch, morning and afternoon tea will be provided

**Venue:** GP partners Adelaide  
120 Hutt Street, Adelaide, SA 5000

**The session aims to enable participants to:**

1. Increase knowledge of clinical information and practice guidelines on the diagnosis, treatment and management of mental health disorders in young people.
2. Increase skills in the outcome measures commonly used in the diagnosis of these disorders
3. Increased knowledge of the most appropriate medications to use with the target group
4. Develop skills to incorporate maintenance and relapse prevention strategies into practice

**Speakers:**

- 1) **Dr Cate Howell** is a General Practitioner and Director of the Primary Care Mental Health Unit in the Discipline of General Practice at the University of Adelaide. Her general practice involves predominantly mental health work, with a focus on counselling, hypnosis and cognitive-behavioural therapy.
- 2) **Charlotte Marshall**, is a Clinical Psychologist who has interest and experience in the treatment of anxiety disorders. Charlotte has also worked as a psychologist with Child Protection Services at the Women’s and Children’s Hospital.

**This program is a GPMHSC accredited Mental Health Skills Training package and has been allocated 40 RACGP Endorsed points as a CATEGORY 1 activity**

For further information, please contact: Kay Gallery ph: 8112 1100 or by email at [kgallery@gppadelaide.org.au](mailto:kgallery@gppadelaide.org.au)

To register for this activity please fax this form to Kay Gallery 8227 2220 or log on to [www.cmebookings.com](http://www.cmebookings.com)

Name \_\_\_\_\_

Workplace \_\_\_\_\_ RACGP No \_\_\_\_\_

Phone No \_\_\_\_\_ Email: \_\_\_\_\_

Special Dietary Requirements: \_\_\_\_\_