

## Mental Wellbeing Explained

*Disclaimer; Medibio does not wish to diagnose our users, we wish to inform and aid in the early intervention / prevention of mental health, <https://www.mentalhealth.gov/>.*

There are many possible options for improving your mental wellbeing.

- Prevention programs targeting everyone
- Early intervention programs designed to stop small problems becoming larger ones
- Treatment & support
  - Medical
  - Psychological
  - Complementary & Lifestyle
  - Support Groups
  - Rehabilitation Programs
  - Family and Friends
  - Programs such as Mental Health First Aid.

With all the different titles and advertising around it can be confusing as to **what is what** in mental health.

- General Practitioners/Family Care Physicians/Primary Care Physicians
  - Medically trained doctors who are often the first port of call for physical conditions and often not necessarily thought of for mental health conditions.
  - Can be an excellent resource, provide support and referral to treatment like psychologists or psychiatrists
- Psychologists
  - Clinical Psychologists usually provide psychological assessment and therapy to clients, while Organisational Psychologists help create change in group environments and systems like workplaces. All Psychologists must be registered with the Australian Psychological Society.
- Psychiatrists
  - Medical Specialists focusing on the treatment of mental health conditions
  - Often see patients who have complex conditions, poor responses to therapies both talk and medication.
- Counsellors
  - Are not the same as psychologists - presently are not regulated by a national body and do not require any qualifications to identify themselves as a counsellor.
  - Care should be taken prior to seeing a counsellor to ensure appropriate qualifications and information about fees as only if they are registered with medicare will a rebate be paid.
- Employee Assistance Programs
  - Employee Assistance programs or EAPs as they are often referred to are health service providers that are employed by many organisations to provide counselling support to employees. Each EAP will be different and



- we recommend contacting
- your organisation's appointed EAP to look at the services offered.

#### Finding a GP?

- General Practitioners seem to be almost on every corner, each person will have a personal preference for a general practitioner, below is a link to a helpful fact sheet put together by the Black Dog Institute to help you determine if a GP is likely to be a fit to help with a mental health concern but as always please speak to your health professional if you have any concerns
- [https://www.blackdoginstitute.org.au/docs/default-source/factsheets/findingamentalhealthfriendlydoctor\\_final.pdf?sfvrsn=2](https://www.blackdoginstitute.org.au/docs/default-source/factsheets/findingamentalhealthfriendlydoctor_final.pdf?sfvrsn=2)

Finding a Psychologist (Australia); <https://www.psychology.org.au/Find-a-Psychologist>

**Reference;** Kitchner BA, Jorm AF, Kelly CM. *Mental Health First Aid Manual*. 2nd ed. Melbourne: Mental Health First Aid Australia; 2010. pp. 7-9.