

MHPN WEBINAR

Monday 17 October 2022

Navigating mental health challenges when living with a physical disability

Tonight's panel



Glenn Bedwell
Lived Experience



Waltraud Reiner
Gestalt Psychotherapist
and Carer



Katrina Pacey
Occupational Therapist



Chris Basten
Psychologist



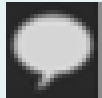
Facilitator:
Prof. Stephen Trumble
General Practitioner

The webinar platform

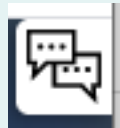
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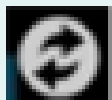
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Ask a question: To ask the speakers a question, click on the speech bubble icon in the lower right corner of your screen.



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Change slide and video layout: To change the layout, e.g. make the video larger and the slides smaller, click on this icon in the top right corner of the slide window.



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Survey: To access the survey before the webinar ends click on this icon, which is in the lower right corner of your screen.

Learning outcomes

Through an exploration of mental health impacts on those living with physical disability, their carers and family the webinar will provide participants with the opportunity to:

- Describe the general principles of providing a safe and supportive environment for people living with disability, their carers and family if they experience mental health challenges.
- Outline key principles of providing appropriate therapies and communication approaches to people living with disability, their carers and family if they experience mental health challenges.
- Identify challenges, tips and strategies to build appropriate referral pathways and implement a collaborative response to assist people living with disability, their carers and family who may be experiencing mental health challenges.

Q&A Session - Please ask us a question!



Glenn Bedwell
Lived Experience



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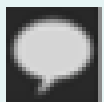
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Ask a question: To ask the speakers a question, click on the speech bubble icon in the lower right corner of your screen.

Thank you for your participation

- Please ensure you complete the exit survey before you log out; either click the "Pie Chart" icon in the lower right corner of your screen (beside the speech bubble) or wait for a message to pop up on your screen after this webinar ends.
- A Statement of Attendance for this webinar will be issued within four weeks.
- Each participant will be sent a link to the online resources associated with this webinar within two weeks.

MHPN Online programs

Podcasts:

New episodes released fortnightly on MHPN Presents.

- *In the First Person: A Firefighter's Experience of PTSD* was released recently. Listen on Spotify, Apple Podcasts, or MHPN's website.

Upcoming webinars:

- **Breaking the Silence – Black Rainbow Queeroboree Series, 19th October 1pm**
- **It's never too late to diagnose ADHD, 7th November**
- **Emerging Minds: Supporting social and emotional wellbeing of children with higher weight, 17th November**
- **PHN Series: Non-medical supports and programs for older Australians, 6th December**

Sign up through our portal on the MHPN website to ensure notification of upcoming webinars, podcasts and network activity.



MHPN networks

MHPN supports over 350 networks across the country where mental health practitioners meet either in person or online to discuss issues of local importance.

Visit www.mhpn.org.au to join your local network.

Interested in starting a new network? Email: networks@mhpn.org.au and we will step you through the process, including explaining how we can provide advice, administration and other support.

Thank you for your contribution and participation.

Good evening.