

MHPN WEBINAR

Tuesday, 30 March 2021

Men's mental health and wellbeing



Tonight's panel



Warren Davies
Lived Experience
Advocate



Mary O'Brien
Men's Health
Advocate



Dr David Walker
General Practitioner



Dr Tim Driscoll
Clinical Psychologist



Facilitator:
Professor Steve Trumble
General Practitioner



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Learning outcomes

Through an exploration of men's health and wellbeing the webinar will provide participants with the opportunity to:

- Identify associations, comorbidities and patterns of treatment-seeking behaviour of men who are experiencing difficulties with their mental health and wellbeing.
- Describe tips and strategies for providing care to men who seek care for their mental health and wellbeing.
- Demonstrate the importance of collaboration and appropriate referrals when supporting men's mental health and wellbeing.



A Lived Experience perspective

Factors

- Drought
- Financial
- Relationships
- Pressure of being a generational farmer



Warren Davies



A Lived Experience perspective

Feelings and emotions

- Failure
- Anger, shame, guilt
- Frustration
- Hopelessness
- Anger
- Isolation
- Not being able to see a clear future



Warren Davies



A Lived Experience perspective

How can someone help

- Know the signs
- Open up conversations
- Listen and support
- Encourage help seeking



Warren Davies



A Lived Experience perspective

How can Charlie help himself

- Communication
- Stay connected
- Seek help



Warren Davies



A Men's Health Advocate's perspective

Current situation

- How he might feel
 - Grief & loss
 - Pressured
 - Loss of faith & trust
 - Hopelessness
 - Pride
 - Avoidance
- Drought
- Financial
- Help seeking



Mary O'Brien



A Men's Health Advocate's perspective

Options - what he is most likely to consider

- GP
 - Family
 - Mates
 - Do nothing
- *There are other options



Mary O'Brien



A Men's Health Advocate's perspective

What his mates can do

- Turn up
- Listen
- Get him off the farm
- Share what's going on in their life
- Encourage him to get help



Mary O'Brien



A GP's perspective

Remember cases don't come like this....

- Don't ignore the wrist pain.*
- Rapport is the foundation of everything else you will do
- You won't get this much history up front....consider how you build rapport with patients of all walks, especially considering their literacy, occupation (which you may know little about), pre-existing views on mental illness etc



Dr David Walker



A GP's perspective

Don't jump to a premature diagnosis.....BUT, don't miss the risk

- The luxury of General Practice is usually the ability to build a relationship and “chip away”, but occasionally urgency is needed.



Dr David Walker



A GP's perspective

Charlie's history standouts

- 59 year old male
- Recent separation
- Isolated from family supports
- Succession planning challenges
- Likely both short (drought) and medium-term (divorce) financial challenges on a background of being “Asset-rich and Cash Poor”
- Drought and stock losses
- Almost certainly has firearms



Dr David Walker



A GP's perspective

More recent warning signs

- Increased EtOH
- Decrease in pleasurable activities
- Social withdrawal
- Suicidal thoughts???



Dr David Walker



A Clinical Psychologist's perspective

- Isolated and alone
- Separated
- Financially stressed
- Drinking more
- Injured and in pain



Dr Tim Driscoll



A Clinical Psychologist's perspective

What's on the line

- 3 generations
- Identity
- The future
- A way of life or life itself



Dr Tim Driscoll



A Clinical Psychologist's perspective

Barriers

- Proud and independent
- Doesn't want to talk
- His wrist hurts, not his head
- Men have problems, women have feelings...
- Women get sick, men die
- What does the psychologist know about life on the land



Dr Tim Driscoll



A Clinical Psychologist's perspective

The Cards

- GP
- Nurse (community and flight)
- Pilot
- Psychologist
- Time



Dr Tim Driscoll



A Clinical Psychologist's perspective

Resilience

- Pushing forward or digging a deeper hole



Dr Tim Driscoll



Q&A Session



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Lived Experience
Advocate



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Thank you for your participation

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Upcoming webinars

- [Register](#) here to attend, **An interdisciplinary cross-cultural conversation: exploring the meaning of healing and recovery** which will be broadcast tomorrow, Wednesday 31 March from 7.15 – 8.30 (AEDT).
- Emerging Minds **Overcoming communication challenges to engage children** on 7 April from 7.15 – 8.30 (AEST)
- **Coping with life transitions in young adults** will be held on Thursday 15 April 2021 7.15 – 8.30 (AEST), [register here](#) to attend. *Please note that registrations for MHPN webinars now require an account on the new MHPN Portal.*



MHPN Presents

The MHPN Presents podcast program has launched for 2021 with three new episodes in the 'Trauma and Resilience' series streaming weekly from 24 March.

You can listen to all the latest episodes of our two series, Trauma and Resilience and Ageing Well, on our [website](#) or stream it directly from Spotify or Apple Podcasts.



MHPN networks

Would you like to continue the 'Men's mental health' discussion with local practitioners?

Or perhaps start discussing issues of local relevance? MHPN Project Officers are available to help you establish and support interdisciplinary mental health networks across metropolitan, regional, rural and remote Australia.

We have 373 networks around the country. Visit our online map to find out which networks are close to you at mhpn.org.au or contact Jacqui O'Loughlin at networks@mhpn.org.au.



Thank you for your contribution and participation.

Good evening.

