phn
VICTORIAN-TASMANIAN
ALLIANCE
An Australian Government Initiative

mhpn
Mental Health Professionals' Network

WEBINAR
Tips and strategies in using technology
for mental health consultations

Supporting resources

Tips and strategies in using technology for mental health consultations

Principles for choosing video-conferencing (covers issues around setting up technology for you and the client)

Telehealth: considerations for providers (covers professional and ethical issues. This was developed in the context of telehealth for R&R areas but the same principles apply now)

Telehealth information for consumers and GPs are located here.

Information sheets for clients:
Tips for coping with coronavirus anxiety
www.psychology.org.au/getmedia/3821ed7a-1a8a-4e1d-b303-2943ea9ae6b7/20APS-IS-COVID-19-Public.pdf

Maintaining your mental health during social isolation
www.psychology.org.au/getmedia/53f35a80-8a72-48fa-a5db-e09e1feb5335/20APS-IS-COVID-19-Isolation.pdf

For older adults - Coronavirus anxiety and staying mentally healthy
www.psychology.org.au/getmedia/5f9cc6d4-ad5c-4b02-8b7f-d4153cb2ba2b/20APS-IS-COVID-19-Public-Older_adults.pdf

For APS Members:

Preparing your practice to deal with coronavirus
www.psychology.org.au/for-members/resource-finder/resources/Business-admin-legal/Preparing-your-practice-to-deal-with-the-coronavir

Children, young people and telehealth
www.psychology.org.au/for-members/resource-finder/resources/Business-admin-legal/Children,-young-people-and-telehealth

Checklist for providers using telehealth services
www.psychology.org.au/for-members/resource-finder/resources/Business-admin-legal/Checklist-for-providers-using-telehealth-services

APS consent form for telehealth
https://www.psychology.org.au/for-members/resource-finder/resources/Business-admin-legal/APS-consent-form-for-telehealth

Panel recommended resources:

CCI Information Sheets for Mental Health Problems by Government of Western Australia, Centre for Clinical Interventions
www.cci.health.wa.gov.au/Resources/Looking-After-Others

Australasian Tele Health Society quick guide to telehealth
www.aths.org.au/wp-content/uploads/2020/03/Comprehensive-Guide-to-Telehealth.pdf

GP counselling training resources
www.gpcounsellingtraining.com.au/resources

New Zealand Telehealth Forum and Resource Centre
www.telehealth.org.nz/

Unicare e-health guidelines: How to make tele health work
www.petermac.org/sites/default/files/media-uploads/How_to_Make_telehealth_Work_%28Victoria%20Wade%29.pdf

Ahpra and the National Boards guidelines on how to use telehealth in the context of the COVID-19 pandemic.

The American Psychiatric Association best practices guide
www.psychiatry.org/File%20Library/Psychiatrists/Practice/Telepsychiatry/APA-ATA-Best-Practices-in-Videoconferencing-Based-Telemental-Health.pdf