



Health eMinds
ECHO
NORTHERN AUSTRALIA

Moving knowledge not people

Delivering mental health education, peer connections and a supportive online community of mental health practice for Northern Australia

What is Health eMinds ECHO?

- + A virtual network to share mental health knowledge and experiences – increasing capacity and quality healthcare
- + A series of free, interactive, case-based education sessions addressing a range of Mental Health topics
- + Sessions are open to **all** healthcare workers in Northern Australia, both clinical and non-clinical
- + Health eMinds ECHO aims to increase Mental Health knowledge, skills and confidence in health professionals
- + Promoting peer support and connection between health services across the north.

Sessions include:

- + 10-minute presentation by subject matter experts
- + Case study participant to share a patient case or situation with the group
- + Q+A opportunity for all to ask a question and join the discussion
- + Sessions held via Zoom 1-2pm AEST the first Thursday each month.



Scan to join our Health eMinds
ECHO virtual network

For further information visit uqecho.org/healtheminds-echo



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Testimonials

What the participants found most useful



I thought the discussion after the presentation was excellent. It was so good to not only listen to experts and service providers, but also hear from people with mental health illness giving an honest account of their personal experience. These forums bring everyone together – well done, I will join the next one. Thank you.”



Student led suicide prevention was impressive and thought provoking. The connectedness with other professionals is valuable.”



Excellent opportunity to share ideas and experience across Australia. Well facilitated and amazing behind the scenes support. Will be at the next session for sure.”

General feedback



Clear and accurate information. Well presented!”



Speakers shared valuable knowledge on the subject and very useful experiences – thank you!”



Great opportunity to ask question from others across Northern Australia. Excellent sharing of knowledge and experiences.”



Love the diverse range of topics and the balance of clinical and psychosocial content. These sessions provided a great opportunity to share my experiences and learn from others in similar remote communities.”



Health eMinds ECHO is based on an international evidenced based Project ECHO® Telementoring program. There is no cost to attend sessions. Health eMinds ECHO is funded by the CRCNA and delivered by The University of Queensland, Centre for Online Health.