

# COLLEGE WEBINAR

## *Mental Health*

Date: Monday 23 November  
Time: 6.00PM – 7.30 PM



To register for this webinar use the link below:  
[https://auckland.zoom.us/webinar/register/WN\\_8-yl2aaXT\\_-2xaT1L1s5jw](https://auckland.zoom.us/webinar/register/WN_8-yl2aaXT_-2xaT1L1s5jw)

### **Programme:**

- 6.00pm NZ College of Primary Health Care Nurses update  
Webinar Housekeeping  
Community Nurse Prescribing Update
- 6.15pm **Responding to expressions of suicidality**  
Rachel Navanua GP Liaison Nurse (Mental Health),  
Wellington Region  
Dr Alain Marcuse's role: GP Liaison Consultant Psychiatrist,  
3DHB region  
Covering: risk assessment, safety planning, psychiatric and nursing  
perspectives on the aetiology and function of suicidal thinking

### **Understanding anxiety**

Rebecca Isaac, Community Mental Health Nurse, Kapiti  
Covering: Why anxiety occurs, physical, behavioural and cognitive  
responses, practical tools to help reduce distress

**Nurses working in PHC settings are able to join the college for free, follow the link**  
[http://www.nzno.org.nz/groups/colleges\\_sections/colleges/college\\_of\\_primary\\_health\\_care\\_nurses/join\\_us](http://www.nzno.org.nz/groups/colleges_sections/colleges/college_of_primary_health_care_nurses/join_us)

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**Open to all Primary Health Care Nurses in the Wellington Region**