



Western Health and Social Care Trust

Press Release
Immediate release

MAINSTREAMING MENTAL HEALTH PROMOTION INTO PRIMARY CARE

The Health Promotion Department WHSCT hosted a half-day seminar to explore a whole practice approach to mental health promotion through the introduction of a mental health promotion tool kit for primary care. The event was held in Bayview medical practice and was attended by GP's, practice staff and representatives from the community and voluntary sectors.

The Primary Care Mental Health Care Toolkit is designed for primary care educators, facilitators and others with development roles and primary care teams who want to take a systematic approach to the provision of primary mental health care. Marie Dunne, Health Promotion Department, WHSCT stated, "This is a great opportunity to work with our colleagues in primary care practice and support them in developing a whole practice approach to mental health promotion".

Dr. Maryann Freer Director of Primary Care Partners and facilitator on the day has led a number of local and regional projects on mental health promotion in primary care. Dr. Freer highlighted that "people who present at the practice are in distress before they get a diagnosis and this toolkit offers a simple framework of mental health promotion interventions to enable the person to explore a range of options to relieve their emotional distress".

The Health Promotion Department WHSCT will continue to support this project with a view to further development in practices across the Western Trust area.

Ends....

**For further information contact:
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Notes to Editor

Photo attached includes front row left to right:

Dr. Aine Abbott, Bayview Medical Practice
Robin McHugh Bayview Practice Manager
Marie Dunne Health Promotion Dept., WHSCT

2nd row last on right: Dr. Maryann Freer

Other include members of Bayview Medical Practice and representatives of local community and voluntary sectors