**GP Primary Care Mental Health Course**

**COURSE AIMS:**

1. To provide appropriate skills as well as knowledge in mental health work for General Practitioners. This should include practical as well as theoretical aspects of clinical work at primary and to some extent at secondary care levels.

2. To provide an understanding of mental health work in various settings and how to help patients get the most out of services. This should include primary, secondary and tertiary care, self-help and voluntary organisations and an understanding of services for the various client groups such as children, people with learning disabilities and the elderly.

3. Help GPs develop the skills and knowledge which will allow them to contribute to the development of their primary care mental health services.

4. Foster an understanding of the personal experience of mental illness or caring for someone with mental illness.

**FORM OF THE COURSE:**

1. **The teaching** will take the form of workshops rather than formal lectures. Small group teaching techniques will be used with the aim of enhancing:
   - **Active participation**: every member should have the chance to participate
   - **Face to face contact**: every one should be able to see each other
   - **Activity with a purpose**: clarity of aims and how they are going to be met.

2. **Feedback** from each GP will be obtained at the end of each workshop and at the conclusion of the course and the results will be fed back to trainers.

**COURSE ORGANISATION:**

1. Course is highly recommended for all GP **trainees**.

2. The course will be held for one week three times a year.

3. The courses will run over 5 days, Monday to Friday from 9am to 4.45pm approximately.