

MENTAL HEALTH & COVID 19 SUPPORT & RESOURCES

UPDATED 16 APRIL 2020



The effects of COVID-19 have made a significant psychological impact on us all. During this time, we need to find alternative ways to connect with one another whilst still maintaining our physical distances. Please consider the following options to support your patients.

M2M Options

M2M referrals remain fully operational with all our Therapists providing virtual sessions during the lockdown. Please do not hesitate to refer your eligible patients.

Care Extra for Mental Health

Please consider utilisation of your Care Extra funding to support your patients with longer term mental health needs. Telephone consults for wellbeing checks are a good option to support this population.

Unused funding from the previous quarter has rolled over for those practices who had surplus.

Other useful resources

The Ministry of Health have this week released three new mental health and wellbeing initiatives including Apps, e-therapies and practical mental health support for all New Zealanders that can be accessed remotely.

The three initiatives are: the **Mentemia** app developed by All Blacks legend Sir John Kirwan; a health journal app called **Melon**; and an e-therapy programme called **Staying on Track**.

Mentemia App

<https://www.mentemia.com/covid-19>

Melon

<https://www.melonhealth.com/>

Staying on Track

<https://www.justathought.co.nz/covid19>

Cheers NZ

A new digital campaign **#drinknormal** to help us keep safe during lockdown with real advice, support and information about coronavirus alcohol and your health.

<https://cheers.org.nz/drinknormal/>

Please do not hesitate to get in touch with Jane Petraska – Primary Mental Health Navigator if you need any further assistance or Mental Health support options and advice for your patients.

jane@aucklandpho.co.nz