

“Managing Stress” – Video for Individuals and Communities

Aim

This video aims to educate individuals by providing them with a general awareness of stress, strategies to reduce stress, and advice on seeking professional help. Discussions with the Western Primary Health Network (PHN) highlighted the need for a resource such as this to be used in medical practices.

Target Audience

The video is targeted at rural individuals who may be experiencing stress due to adversity. The video covers topics including stress, strategies to manage stress and advice on further help seeking. Individuals who could benefit from this video include those that may be experiencing environmental adversity (for example, drought, fire or flood) or personal adversity (for example, patients in medical centres).

“Understanding Drought-related Stress” – Video for Health Professionals

Aim

This video aims to educate General Practitioners (GPs) and other health professionals on the impact that drought can have on a patient's mental health. It also provides some insight on what people who live and work in drought-affected communities are experiencing. Discussions with the Western Primary Health Network (PHN) highlighted the need for this resource such as this to be used as part of professional development.

Target Audience

The video is targeted at rural GPs and health professionals who might benefit from a greater awareness of the impact that drought has on mental health. This could include GPs who have recently moved to a drought-affected area, GPs who live in non-drought affected areas and do outreach work into drought-affected areas; or GPs who would like a greater understanding of the impact of drought.

The advice in this video is not intended for those patients who have a diagnosable mental illness.

References

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