



# GMC: Newsletter

SEPTEMBER 2017

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## Topic for the month      Life Stressors: The Fall out

### The facts

**In Australia, it's estimated that 45 per cent of people will experience a mental health condition in their lifetime.**

**In any one year, over 2 million have anxiety and around 1 million will suffer from depression.**

**51% will seek no help in dealing with their issues or seek help with their condition.**

**As part of your team, Gracemere medical Centre would like to be able to assist in helping you with advice and counselling. Our Doctors are well placed to assist with mental health care plans to improve access and reduce the stress of seeking good counselling. On line assistance can also be accessed 24 hours a day for those experiencing the stressors of life or the families of those who are under pressure.**

For years now, beyondblue has been doing as much work as possible to encourage people to learn about the symptoms and types of stress, **anxiety** and **depression**, which they could face or may already be experiencing.

Beyond blue hopes to provide everyone, young and old, with information to recognise how depression, anxiety and **suicide** can affect people, and simple strategies to understand what to do if it happens to them, or someone close to them.

Resources:

[www.beyondblue.org.au](http://www.beyondblue.org.au)

[www.headspace.org.au](http://www.headspace.org.au)

<http://www.cci.health.wa.gov.au/resources/consumers.cfm>

<http://www.mindhealthconnect.org.au/partners/mental-health-online>

## Vaccine News:

Whooping Cough Vaccine:

Are you up to Date with your whooping cough vaccine?

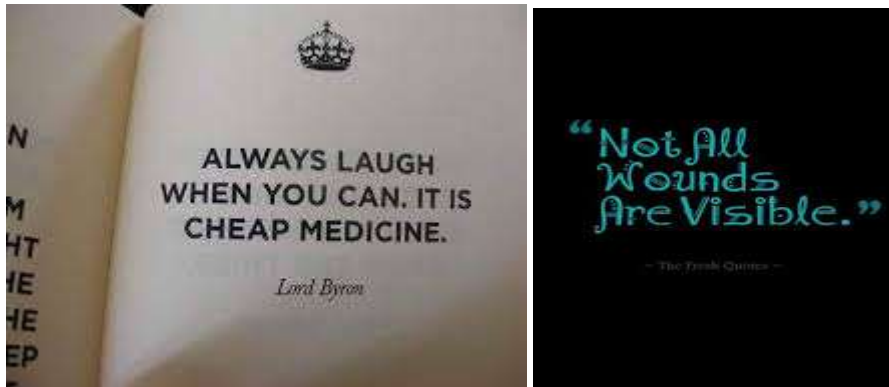
Who should have Whooping cough boosters?

- All pregnant women @ 28 + weeks. ( Every Pregnancy **and Government funded**)
- All fathers to be every 2 years
- Extended family Every 3-5 years
- Health workers, teachers and Childcare workers, Every 3-5 years.
- Travelers going overseas: Seek advice.
- Children: ensure they are update on their vaccination schedule. ( **Government funded**)

## Gracemere Medical Centre News:

**Dr Suraya Parvin** has been with Gracemere Medical Centre since 2012. Congratulations to Dr Suraya for recently passing her FRACGP fellowship Exams. She is now a fellow in the General Practice College of specialist. A well-earned achievement. **Well Done Dr Suraya.**

## Thought for the Month.



### **10 commandments of mental health**

PositiveMed.com

- 1- Think positively; it's easier
- 2- Cherish the ones you love
- 3- Continue learning as long as you live
- 4- Learn from your mistakes
- 5- Exercise daily; it enhances you well-being
- 6- Do not complicate your life unnecessarily
- 7- Try to understand and encourage those around you
- 8- Do not give up; success in life is a marathon
- 9- Discover and nurture your talents
- 10- Set goals for yourself and pursue your dreams