

Assessing and Enhancing Youth Mental Health in Primary Care

Micro-credential



Gain youth-specific skills and strategies to support young people experiencing mental ill-health.

Overview

Designed and delivered in collaboration with leading experts in youth mental health, and young people with lived experience, this online micro-credential is for qualified or trainee general practitioners, paediatricians and qualified nurses who are seeking best-practice biopsychosocial approaches when supporting young people accessing primary care for their mental health.

Assessing and Enhancing Youth Mental Health in Primary Care counts for 42.5 hours of Continuing Professional Development (CPD). If you are a GP, you will be eligible to claim RACGP CPD hours for completing this activity.

What you'll learn

- Explore key risk factors that contribute to mental ill health in young people
- Learn effective strategies to appropriately assess risk of suicide and self-harm in young people
- Gain an evidence-informed approach for conducting brief interventions with young people
- Develop skills to conduct youth-friendly biopsychosocial assessments and case formulations of a young person experiencing mental ill health.

Learning outcomes

By the end of this course, you'll have a greater understanding of best-practice biopsychosocial assessment, suicide and self-harm assessment and management, as well as case formulation frameworks for working with young people experiencing mental ill-health:

You'll be able to:

- Apply knowledge of evidence-based, best practice approaches to clinical care in youth mental health, including brief intervention strategies.
- Devise a youth-friendly biopsychosocial assessment and case formulation of a young person experiencing mental ill-health,
- Develop a safety management plan for a young person that considers deliberate self-harm or suicide.





Who you'll learn from



Dr Chrissie Hughes
Clinical Psychologist, Senior Lecturer and
Course Coordinator, University of Melbourne

Dr Chrissie Hughes is a registered clinical psychologist, senior lecturer and course coordinator at the University of Melbourne's Centre for Youth Mental Health and Orygen, a world leader in Research and Knowledge Translation. She teaches into the Master of Youth Mental Health and co-ordinates the Professional Certificate in Youth Psychiatry. Dr Hughes has over 15 years' experience supporting young people and families with their mental health, alongside supervising mental health professionals.



Dr Simone Craig
General Practitioner and Lecturer, Department of
General Practice and Primary Care, University of
Melbourne

Dr Simone Craig (she/her) is a General Practitioner, and lecturer for the Victorian Government Doctors in Secondary Schools Program, within the Department of General Practice and Primary Care, University of Melbourne. She has extensive experience working with marginalised young people, families and their communities, in a variety of primary care settings including government and non-government organisation funded youth health services, private practice and school-based health services.

Program details

Start date: 2 June, 2025 / Registration closes 6 June.

Duration: 8 weeks (42 hours)

Delivery mode: Online

Click here to visit our study page and enrol.

Need more information?

Need more information about this course?
Please contact our student support team

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Monday to Friday: 8am to 7pm

Saturday: 9am to 5pm