



## World Mental Health Day

We marked World Mental Health Day (Monday 10 October) by sharing resources on social media, including perspectives on managing patients' mental health and supporting good mental health among GPs.

### Reflective Practice Masterclasses

Our Reflective Practice Masterclasses are intended to help practitioners manage their mental wellbeing and find a state of equilibrium. The next session will be held on 10 November and places are still available.

This is the second year we have run the Reflective Masterclasses. Dr Clare Gerada's reflections on the aims of the masterclasses held last winter outlines why the sessions are so valuable.

### Mental Health and Workload Pressures

We recently held a newsletter snap poll on whether workload pressures were affecting the mental health of practice staff, 93% of respondents said "yes".

### Mental Health Guest blogs

Over the last year some of our guest bloggers have considered mental health issues:

In July Ed Rosen explained how the Lambeth GP food co-op use the experience of growing food to provide a positive outlet for patients with mental health issues.

In June diabetes expert Dr Neel Basudev wrote about the importance of "breaking the cycle of despair" associated with helping patients to successfully manage their weight.

In December Dr Paul O'Reilly wrote about his work treating homeless people in Westminster, who disproportionately suffer from mental illness and addiction.

In November Dr Tony Grewal wrote a piece on "Movember" and men's health, including the importance of getting men to share their health concerns as soon as they think something may be wrong.

### GPs and mental health in the media

In May, a few months before joining Londonwide LMCs as one of our Medical Directors, Dr Katie Bramall-Stainer talked to BBC Radio 5Live about GPs facing burnout.

Dr Elliott Singer's practice was featured in the BBC's The Doctor Who Gave Up Drugs last month, looking at ways of treating various conditions through lifestyle changes, including depression. Elliott is a Londonwide LMCs Medical Director.

Dr Zoe Norris, GPC Sessional Sub Committee Chair, wrote a piece in last month's Guardian on how she manages her own mental health while working as a GP.