



# PRACTICE NEWSLETTER NO.5

## Dr Stockwell's Maternity leave:

Dr Alannah Stockwell is expecting her second baby in early December.

She will be taking maternity leave from mid-November. We cannot tell you who will be doing her maternity locum at this stage, but remember you are welcome to see any of our other doctors while she is away.

## Go To Information:

The best all-round NZ medical website for reliable, clear, medical information is [www.healthnavigator.org.nz](http://www.healthnavigator.org.nz).

There are a lot of "Dr Googles" out there but not everything is as accurate as we would like.

Remember your doctor or nurse can help with further information, fact-checking, important context, or even interpretation of the medical information you get from "Dr Google".

## Covid Level 2:

Is a disappointing setback but good contact tracing and adherence to the rules seems to be bringing the outbreak under control once again.

For further information about what we are doing at Nelson Family Medicine and what you can do, go to our website homepage.

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## Mental Health Help:

We are noticing a marked increase in the number of people presenting with mental health issues.

Many people are anxious who have never been anxious before. It seems the general uncertainty around Covid 19 is a factor in this. Other people, with known depression or anxiety, are finding events and uncertainty worsening their symptoms.

Mental health is not always something people feel comfortable talking about, or can afford to talk about even though help is available. That is why proven online solutions with the benefits of no or low cost and anonymity can be really helpful.

Here are some online solutions to look at and choose from:

**Staying on Track** offers cognitive behavioural strategies for coping with issues related to Covid 19 like managing worry and poor sleep.

**Melon** uses a Health Journal, webinars and other self-awareness tools and resources plus an online community to connect with for mutual support.

**Aroha** is a chatbot using the Facebook messenger app to help young people (Ages 13-25 approx) deal with stress.

**Getting through Together** See the link on our website homepage, is aimed at coping with Covid stresses. It includes tools for parents.

**Mentemia** Having Sir John Kirwan as a daily mental health coach is probably as close as most of us will ever get to being an All Black.

**Beating the Blues** uses journals and other resources to help depression and is available through your doctor and our patient portal.