



Key Themes from Tuesdays with Nexus **2 June 2020 - 9.30am**

10 people attended this session from AOD, MH and MHCSS services. You can access resources and Key themes from past sessions on our website:

<http://www.svhm.org.au/nexus/tuesdays> – Thank you for your participation.

1. What is the New Normal?

Dr Kah-Seong Loke, Addiction psychiatrist from St Vincent's presentation on Mental Health and COVID-19 Pandemic

(See presentation slides)

- Positives moving forward need to be considered
- Restrictions lifted June 1 for the list of changes see below link
<https://www.dhhs.vic.gov.au/victorias-restriction-levels-covid-19>
- Telehealth becoming more widely used with both positive and negative feedback
- A blend of both telehealth and some face to face client contact is happening
- Some service areas have been more impacted by COVID-19 than others – esp health care workers, overseas medical staff, unemployed, casual workforce and business owners

Survey results

Majority of attendees would still like 45 minutes once a week for updates, finding it very useful

Next session:

'Tuesdays with Nexus' - A weekly interactive online session

Date: Tuesday's – 9 June 2020

Start time: 9.30 am – Victoria AEST

Duration: 45 mins

Link: <https://zoom.us/j/818805658?pwd=MIRtLzZyVXZKZU5CWk1JS0c5SnJvQT09>