A kangaroo on my couch: the mental health system and psychiatry training in Australia

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Abstract

Introduction: Due to its geographical isolation, cultural history and immigration policies, Australia possesses a population demographic rather unique to its borders. Heavily influenced by these factors is the resultant psychological landscape which presents itself to clinical eyes by the way it colours the spectrum of psychiatric manifestations.

Objective: Understanding the ramifications of national health policy which dictate the parameters by which the mental health system negotiates these hurdles. Exploring distinctly Australian travails: the mental health of the Indigenous Australian population, the Asylum Seeker Syndrome, the current Ice epidemic and the welfare state’s failings in the psychological realm.

Discussion: The impact of identified issues on psychiatric training and the role of trainees in the system.