

WEBINAR  
PANEL

## Collaborating to recognise and address the mental health impacts of loneliness



**Dr Michelle Lim**

Psychologist, Vic

Dr Michelle Lim is a senior lecturer in clinical psychology at Swinburne University of

Technology. Dr Lim is the head of the Social Health and Wellbeing Laboratory which aims to generate rigorous research related to loneliness. Specifically, the aim of the research is to develop and design evidence-based and consumer relevant interventions that can effectively target loneliness. Dr Lim's main target group has been in young people aged 16 to 25 years.

Dr Lim is a registered clinical psychologist and a full member of the Australian Psychological Society (APS). She received her PhD at the University of Melbourne and post-doctoral training in the US - at the Anxiety and Psychotherapy Laboratory at Washington University in St Louis. She obtained her master of clinical psychology at RMIT University and holds multiple collaborations throughout Victoria, including Eastern Health, Alfred headspace and Orygen Youth Mental Health.

Dr Lim is the chief scientific advisor to the Australian Coalition to End Loneliness, a national Australian network made up of ten universities and 20 industry partners. She is considered the leading Australian expert in loneliness, with 20 national media appearances to date. Dr Lim also provides consultation to not-for-profit organisations and government. Her online articles such

as [The Deadly Truth about Loneliness](#) for *The Conversation*, have generated a readership of over 300,000 people.

Her work thus far has focused on developing evidence-based digital interventions that can promote social health and wellbeing in young people. Dr Lim is currently the chief investigator on projects testing the effectiveness of a positive psychology based intervention called Positive Connect for young people (18-25 years old). Dr Lim is also currently conducting a pilot of Positive Connect, a smartphone app delivered intervention for young people who report high levels of loneliness. She is the associate editor of an upcoming issue on loneliness, title, "Loneliness: contemporary insights on causes, correlates, and consequences" for the *Social Psychiatry and Psychiatric Epidemiology* journal.



**Dr Jonathan Ho**

General Practitioner, NSW

Dr Jonathan Ho is a practicing GP from Wagga Wagga, NSW.

Jonathan has a special interest in mental health drug and alcohol and is currently working at headspace and The Amaranth Foundation in Wagga Wagga. Jonathan is currently the GP liaison for mental health drug and alcohol, Murrumbidgee Primary Health Network.

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Additionally, Jonathan is a visiting medical officer at Calvary hospital, where he is part of the clinical team at the Riverina Calvary Drug and Alcohol Centre. He is an accredited Methadone and Suboxone prescriber. Jonathan has recently completed studies in pain science at the University of South Australia as part of his interest of pain in mental health drug and alcohol.

Jonathan is also a visiting medical officer at Wagga Wagga Base Hospital as a forensics medical examiner. He has recently joined the NSW police Forensic Medical Unit as a regional medical practitioner. Jonathan is currently working towards completing his Masters of Forensic Medicine at Monash University.

Prior to this, Jonathan was awarded a Bachelor of Medical Science (honours), the University of Sydney, a Bachelor of Medicine and Surgery, the University of Wollongong.

Jonathan has a keen interest in sport and was a scholarship holder at the NSW Institute of Sport. Jonathan is a practitioner of hand crafted bespoke tailoring and is currently working towards completing his certificate at the Savile Row Academy. In 2017, he received the Registrar of the Year (Murrumbidgee/ACT) as well as a Fellowship with the Royal Australia College of General Practitioners.



**Professor Lisa Brophy**  
Social Worker, Vic

Professor Lisa Brophy has a professional background in social work and a career long commitment to the mental health field of practice dating back to 1985.

Lisa graduated with a Masters in Policy and Law from La Trobe University in 1995 and a PhD from the University of Melbourne in 2009.

Her PhD focused on good practice with people on Community Treatment Orders and she has been involved in local and international collaborations regarding mental health law and its implications for policy, law reform and direct practice. Lisa was a member of the expert advisory group that reviewed the Victorian Mental Health Act. Lisa is also a community member of the Victorian Mental Health Tribunal.

Between January 2011 and August 2018 Lisa held the position of Principal Research Fellow (formerly Director of Research) at Mind Australia. This full time research position was a partnership between the Centre for Mental Health, Melbourne School of Population and Global Health, The University of Melbourne and Mind Australia. In that role, Lisa established and led the Recovery and Social Justice Research unit. In August 2018 Lisa returned to Social Work, taking up the role of Professor and Discipline lead in Social Work at LaTrobe University, while also maintaining a strong link to the Recovery and Social Justice Unit. She is a member of the scientific advisory committee of the Australian Council to End Loneliness.

Lisa's research focus is on people experiencing mental ill health and psychosocial disability and their recovery, social inclusion and human rights. Her research has fostered strong interdisciplinary partnerships, working in collaborative research teams with academics from a range of disciplines and universities, across Australia and internationally. Her teams have also included people with lived experience and partner organisations leading to research and evaluation activities that are highly participatory and contribute to making a difference for people with mental health illness and psychosocial disability.



**Facilitator: Professor Steve Trumble**

General Practitioner, Vic

Professor Steve Trumble is a general practitioner and head of Medical Education at Melbourne Medical School. He has held a variety of roles in GP education, including directing the RACGP Training Program and editing Australian Family Physician.

After working in metropolitan and rural general practice and establishing a service for people with developmental disabilities at Monash Medical Centre, his current clinical work is limited to GP locums in remote areas of the Northern Territory.