

Mental Health Programs

Mental Health Central Intake

Enquiries 1300 797 746 (1300 SWSPHN) Referrals confidential fax 4623 1796



You In Mind psychological services have been developed by engaging and consulting with consumers, carers and other stakeholders in South Western Sydney.

These services are for residents of South Western Sydney who have a diagnosed mild to moderate mental health condition, would benefit from short-term psychological interventions and are unlikely to access psychological services through the Better Access (Medicare) program.

Patient eligibility ✓

People who have a diagnosed mental disorder of mild to moderate severity and are from the following population groups –

- Aboriginal and Torres Strait Islander
- CALD (Culturally and Linguistically Diverse)
- Residents of Claymore, Airs and the 2168 postcode
- People living in Wollondilly and Wingecarribee, ≥ 30km from or no public transport to a Better Access (Medicare) provider, and/or pension card holder

Patient exclusion criteria ✗

- People who have accessed psychological services under the Better Access (Medicare) service within the last calendar year
- People who don't belong to one of the stated target population groups - these clients should receive services under the Better Access (Medicare) service

How do I refer? (refer also to step by step process overleaf)

- Have client complete a K10+
- Complete a GP Mental Health Treatment Plan
- Complete a GP Mental Health Referral form
- Fax referral and GP Mental Health Treatment Plan to confidential fax line on **4623 1796**

What will my patient receive?

- Client will be referred to a mental health professional for psychological therapy
- Client will receive culturally appropriate and tailored psychological therapy
- Flexible service delivery options will be available suitable to the client's needs to remove barriers to accessing services for these underserved populations

What reports will GPs receive?

Reports will be sent from the assigned mental health practitioner –

- after the first appointment with the client
- at three monthly intervals post the first appointment
- in the event of a significant change in the client's condition
- at the conclusion of the psychological therapy

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GP Referral Process

Please note: If you are unsure what level of service your client requires please phone Mental Health Central Intake on **1300 797 746** (1300 SWS PHN)

Step 1

- Assess client and complete K10+
 - note: K5 can be used instead for Aboriginal and Torres Strait Islanders only
- If K10+ is less than 26 consider low intensity options such as eMental Health or New Access program
- If K10+ is between 26 – 30 proceed with referral to You in Mind
- If K10+ is greater than 30 consider referral to Credentialed Mental Health Nursing program or Local Health District Mental Health Services



Step 2

- GP completes **GP Mental Health Treatment Plan**
- GP completes **GP Mental Health Referral Form** with **signed patient consent**
- Any enquiries phone Mental Health Central Intake on **1300 797 746** (1300 SWSPHN)



Step 3

- Fax referral and GP Mental Health Treatment Plan to confidential fax line on **4623 1796**
- GP will receive notification once client has been assigned

Relevant MBS item numbers are 2700, 2701, 2715, 2717, 2712, 2713

Users should be familiar with the most recent item definitions and requirements