

# One Door Health Care

One Door Health Care can be contacted directly on **9199 6143**. One Door Health Care has a team of qualified and highly experienced health care professionals including psychologists, social workers, occupational therapists, dietitians and exercise physiologists.

Health Care is a service of One Door Mental Health. One Door also provides individual support, centre-based services, carer services, youth support, disability employment services, education and training, and information and support.

As an NDIS provider, One Door offers coordination of support and NDIS services for those with an approved plan.

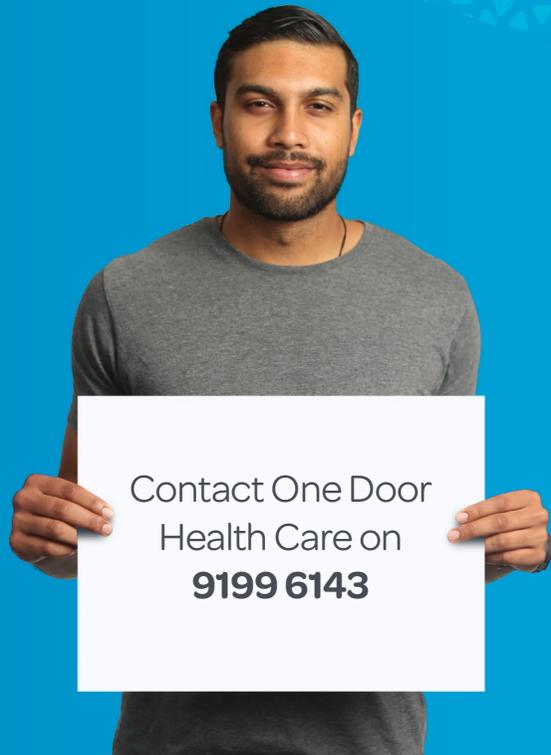
One Door  
Health Care

**9199 6143**  
[onedoor.org.au](http://onedoor.org.au)



# PICS

Free mental  
health services  
for people in  
Central and Eastern  
Sydney PHN



Program  
provided by



Program  
funded by



One Door.  
Many Opportunities.



## Primary Integrated Care Supports

What is

# PICS?

Primary Integrated Care Supports (PICS) provides clinical and recovery-oriented mental health services to people who are living with severe and persistent mental illness in the Central and Eastern Sydney PHN region.

People are paired with an experienced, credentialed mental health nurse and depending on need, a peer worker. The nurse will consult with the referrer and get to know the person referred, and those important to them, so they can develop a collaborative care plan.

Our focus is building an individually tailored, therapeutic relationship with people to support them to stay well in the community. This could involve coordinating care with GP's and psychiatrists, liaising with family and carers, mental health review, supporting self-management of mental and physical health, administering, monitoring and promoting adherence to medication and developing links with health and community services.

The PICS mental health nurses will work with peer workers – people with a lived experience of mental illness who have been trained to use this experience to support people in their recovery. Guided by the care plan, peer workers will assist people to achieve their goals through psychosocial support, education and advocacy. They can walk beside the person as they tackle personal challenges such as attending that first GP appointment or applying for a new job.

## Who can refer?

Referrals can be made by GPs, psychiatrists, mental health services, mental health nurses and other clinicians.

PICS referral forms can be accessed at [www.onedoor.org.au/services/health-care](http://www.onedoor.org.au/services/health-care)

Referrals are faxed or sent by healthlink to the PHN for triage. The triage team reviews each referral to ensure PICS is the appropriate service. The triage team may ask for further information or decline referrals.

One Door Health Care then allocates the referral to the most suitable mental health nurse and peer worker.

## Eligibility

To be eligible people need to:

- Be aged between 18 and 65 years
- Live, work or study in the Central and Eastern Sydney PHN region
- Benefit from accessing primary care mental health services
- Not currently be care coordinated by Mental Health Services through the Local Health District services



PICS integrates  
mental health  
services with  
general practices.