Primary Mental Healthcare Services

Information for GPs
Local Mental Health Services funded by SWSPHN

South Western Sydney PHN commissions a range of FREE mental health services in-line with a stepped care model. This means services are matched to your patient’s level of need.

For all mental health enquiries phone Mental Health Central Intake on 1300 797 746

GP Mental Health Referrals and Mental Health Treatment Plans can be downloaded from http://www.swsphn.com.au/formsandtemplates and are to be faxed to: 4623 1796

NewAccess
Six mental health coaching sessions (+ two aftercare sessions) over the phone, Skype or face-to-face for anyone (18 years and over) needing support to deal with day-to-day stress, life pressures or emerging depression or anxiety.

Referral Process
No referral required – Patient to phone: 1800 010 630

You In Mind (12+ years & Adult)
Psychological therapies for people with mild to moderate mental health concerns. Up to 12 sessions per calendar year delivered by a mental health professional (psychologist, mental health nurse, mental health accredited social worker, occupational therapist).

Eligible groups
- People who identify as Aboriginal and/or Torres Strait Islander
- People who are from a Culturally and Linguistically Diverse background
- Residents of Airds, Claymore and the 2168 postcode
- Wollondilly & Wingecarribee residents (with barriers to gaining support through Better Access)
- People experiencing financial hardship
- Women experiencing perinatal depression
- People aged 65+ years
- People who identify as LGBTIQA+

Referral Process
SWSPHN GP Mental Health Referral and GP Mental Health Treatment Plan: http://www.swsphn.com.au/formsandtemplates or call 1300 797 746

Connect for Wellness
Psychological therapies and peer support for adults with severe and persistent mental illness. Up to 20 sessions per calendar year delivered by psychologists and peer workers.

Referral Process
SWSPHN GP Mental Health Referral and GP Mental Health Treatment Plan: http://www.swsphn.com.au/formsandtemplates or call 1300 797 746

Consultant Psychiatry Service
Psychiatry support for people living with severe and persistent mental illness with barriers to accessing psychiatrists, as well as support for GPs in the treatment and management of these patients. Service delivered as telehealth across SWS (phone and web-based) and face-to-face at specific hubs (select general practices in Bankstown, Liverpool, Fairfield, Campbelltown and Wollondilly).

Referral Process
SWSPHN GP Mental Health Referral and GP Mental Health Treatment Plan: http://www.swsphn.com.au/formsandtemplates or call 1300 797 746

Credentialed Mental Health Nurse Service
Psychological therapies and coordination of clinical services for adults with a severe and complex mental illness. Unlimited sessions delivered by a credentialed mental health nurse.

Referral Process
SWSPHN Clinical Suicide Prevention GP Referral: http://www.swsphn.com.au/formsandtemplates or call 1300 797 746

SWSPHN does not directly provide any of the healthcare services listed. These services are provided by external health practitioners who are commissioned to provide such services.
**Clinical Suicide Prevention**

Priority access to services for people who have attempted suicide or have suicidal ideation of low to medium risk. Up to 10 sessions within two months delivered by a mental health professional (psychologist, mental health nurse, mental health accredited social worker or occupational therapist).

**Referral Process**

SWSPHN Clinical Suicide Prevention GP Referral:

http://www.swsphn.com.au/formsandtemplates or call 1300 797 746

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**Lifeline Macarthur - Suicide Aftercare**

Short-term telephone crisis support for people (18 years +) who have attempted suicide. The service provides outgoing phone calls to monitor an individual’s wellbeing and help keep the person connected. Phone calls are provided by an accredited and experienced Lifeline Crisis Supporter.

**Referral Process**

Referral form available to download, see:


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**Other Crisis Support Services 24/7**

- **Mental Health Line** 1800 011 511
- **Lifeline** 13 11 14
- **Suicide Call Back Service** 1300 659 467
- **Kids Helpline** 1800 55 1800
- **MensLine Australia** 1300 78 99 78

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**South Western Sydney PHN**

Level 3, 1 Bolger Street
Campbelltown
NSW 2560

PO Box 90
Macarthur Square
NSW 2560

Phone 4632 3000
Fax 4625 9466

Email enquiries@swsphn.com.au

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