



GP down south

Local health. Our business.

MENTAL HEALTH SERVICE



**GP down south's Mental Health Service
has been designed to help to improve your
mental health and wellbeing**

THIS IS A FREE SERVICE

Eligibility criteria apply

GP down south is a not-for-profit organisation that provides a range of services to improve the health and wellbeing of the community

08 9754 3662

www.gpdownsouth.com.au

GP down south Mental Health Service

We provide short-term support, coordination and access to evidence-based treatments for people living with mental health issues in our community.

We employ mental health professionals from a range of clinical backgrounds who are skilled in the delivery of mental health services matched to individual need. Our staff will work in partnership with you to identify your needs and to optimise your mental health and well-being.

Who Is Eligible?

To be eligible to access the service, you must:

- be diagnosed with, or at risk of developing, a mild to moderate mental illness
- hold a current Health Care Card/Pension Card
- reside in the Greater Bunbury or South West regions of Western Australia
- not currently be in crisis or require urgent assistance

What Does It Involve?

- A telephone assessment with a mental health professional who will work with you to develop a plan to improve your mental health
- Access and/or referral to suitable interventions which may include:
 - o stress and anxiety management
 - o life skills
 - o managing your mood
 - o dealing with conflict and communication

How Many Sessions are Available?

- Up to six sessions may be accessed, depending on individual need

How Do I Access this Service?

- Referrals are accepted from your GP or other health professionals

More Information?

If you would like more information or have any queries, please contact the Mental Health Team at GP down south:

P: 9754 3662 E: mhteam@gpdownsouth.com.au

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