



# 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](http://www.gpdownsouth.com.au)**

## GP down south Mental Health Service

We provide short-term support for people living with mild to moderate mental health issues. Services include counselling from tertiary qualified and experienced mental health clinicians, and referral to other relevant support services as needed.

Our clinicians will work in partnership with you to identify your needs and aim to optimise your mental health and overall wellbeing in the community

### **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 or be experiencing financial hardship
- reside in the Greater Bunbury or South West regions of Western Australia
- not currently be in crisis or require urgent assistance
- all age groups are accepted

### **What Does It Involve?**

- Access and /or referral to suitable interventions which may include:
  - o counselling
  - o stress and anxiety management
  - o life skills
  - o managing your mood
  - o dealing with conflict and communication

### **How Many Sessions are Available?**

- A maximum of 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](mailto:mhteam@gpdownsouth.com.au)**

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