

Chrysalis Wellbeing Series Session One

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HUNTER & NEW ENGLAND

HealthPathways



HNE HealthPathways



- **HNE HealthPathways Collaboration:**

- System change
- Improve patient access to care
- Communication channel
- Online portal of locally relevant information for clinicians

HealthPathways login

STICKERS AND CARDS



Hunter New England

Central Coast NSW

HealthPathways



<https://hne.communityhealthpathways.org/>

Username: hnehealth

Password: p1thw1ys

<https://centralcoast.healthpathways.org.au>

Username: centralcoast

Password: 1connect



<https://www.ccpatientinfo.org.au/>



<http://patientinfo.org.au/>

Mental Health Clinical Pathways

Central Coast

- Acutely Disturbed Young Person
- Anxiety in Adults
- Anxiety in Children and Youth
- Deliberate Self Harm
- Depression in Adults
- Depression in Children and Youth
- Depression in Older People
- Disaster or Adverse Weather Event-Mental Health
- Eating Disorders
- Obsessive Compulsive Disorder in Children
- Physical Health and Mental Illness
- Psychosis
- Suicidal Ideation and Intent

Hunter New England

- ADHD in Children and Young People
- Anxiety in Adults
- Bereavement
- Bipolar Disorder
- Borderline Personality Disorder
- Clozapine Monitoring
- Deliberate Self Harm
- Depression in Adults
- Depression in Older People
- Disaster or Adverse Weather Event-Mental Health
- Eating Disorders
- Perinatal Mental Health
- Problem Gambling
- Psychosis
- Suicidal Ideation and Intent

Mental Health Referral Pages

Central Coast

[Urgent Mental Health Assessment](#)

[Non-urgent Mental Health Referrals](#)

- [Adult Mental Health Assessment](#)
- [Child and Youth Mental Health Assessment](#)
- [Older Person's Mental Health Assessment](#)
- [Eating Disorder Referrals](#)
- [Perinatal Mental Health Assessment](#)
- [Psychiatrist Assessment](#)

[Mental Health Advice](#)

[Access to Funded Psychological Services](#)

[Mental Health Psychosocial Support](#)

- [Adult Psychology and Counselling](#)
- [Bereavement, Loss, and Grief Counselling](#)
- [Bush Fire Support Services](#)
- [Child and Youth Psychology and Counselling](#)
- [Community Mental Health Support](#)
- [Mental Health Helplines](#)
- [Online Mental Health Therapy for Adults](#)
- [Problem Gambling Counselling](#)

[Scheduling a Patient](#)

Hunter New England

[Mental Health Advice](#)

[Child and Adolescent Mental Health Assessment](#)

[Bush Fire Support Services](#)

[Drought Support Services](#)

[Eating Disorders Treatment Adult Referrals](#)

[Eating Disorders Treatment for Children and Adolescents Referrals](#)

[Eating Disorders Advice](#)

[Eating Disorder Support](#)

[Electronic Mental Health Services - Online Treatment Programs](#)

[Mental Health Dietitians Referrals](#)

[Mental Health Family and Carer Support](#)

[Non-clinical Community Mental Health Support](#)

[Patient Mental Health Hotlines and Telephone Counselling](#)

[Problem Gambling Counselling](#)

[Psychiatry and Mental Health Unit Referrals](#)

[Psychology, Social Work and Counselling Referrals](#)

[Scheduling a Patient](#)

[Specialist Drug and Alcohol Treatment Referrals](#)

IAR Tool

- Refer according to the [recommended level of care](#) ^.

Recommended level of care

See IAR Decision Support Tool – [Levels of Care](#) [\[?\]](#) for a description of relevant services.

Use the [Initial Assessment and Referral Decision Support Tool](#) [\[?\]](#) (required for all public psychiatry and psychology referrals) to determine the recommended level of care, and refer accordingly:

- For self-management:
 - [Electronic Mental Health Services- Online Treatment Programs](#)
 - [Non-clinical Community Mental Health Support](#)
- For low intensity services:
 - [Patient Mental Health Hotlines and Telephone Counselling](#)
 - [Non-clinical Community Mental Health Support](#)
- For moderate intensity services:
 - [Adult Psychology, Social Work, and Counselling](#)
 - [Non-clinical Community Mental Health Support](#)
- For high intensity services (acute and specialist community mental health services), [Psychiatry and Mental Health Unit Referrals](#).



Electronic Mental Health Services - Online Treatment Programs

Background

[About e-mental health services](#) ▼

[Resources](#) ▼ for implementing e-mental health in general practice

Referral

E-mental health online programs, courses, and apps.

[General mental health](#) ▲

[Children and youth](#) ▼

[Adult](#) ▲

- [1 Giant Mind](#) ☑ – App to assist people to feel less stressed, more calm and experience greater health and wellbeing. [iTunes App Store](#) ☑, [Google Play](#) ☑
- Black Dog Institute:
 - [myCompass](#) ☑ – An interactive self-help program designed to address mild to moderate symptoms of stress, anxiety, and depression through personalised treatments delivered online.
 - [Snapshot](#) ☑ – An app that allows adults to measure and monitor mental health and lifestyle factors that influence wellbeing. [iTunes App Store](#) ☑, [Google Play](#) ☑
 - [HeadGear](#) ☑ – An app for adults in male dominated workplaces who want to build good mental health and wellbeing.
- [Mental Health Online](#) ☑ – Is a treatment-based online service for people (aged 18 years and older) with mental health problems, designed to support people to improve their health and overcome mental health difficulties.
- [MoodGYM](#) ☑ – Is an online self-help program designed to help users prevent and manage symptoms of depression and anxiety using cognitive behavioural therapy techniques.
- [ReachOut.com](#) ☑ – Practical tools and support to help young people (aged 16 to 24 years) get through everything from every day issues to tough times. A range of online tools including free apps:
 - [WorryTime](#) ☑ – Provides tools for managing stress. [iTunes App Store](#) ☑, [Google Play](#) ☑
 - [Breathe](#) ☑ – Teaches breathing techniques for managing stress and anxiety for young people. [iTunes App Store](#) ☑
 - [Recharge](#) ☑ – A personalised 6 week program that helps to improve your general health and wellbeing.
- [This Way Up](#) ☑ – Offers online courses including depression, anxiety, OCD, and PTSD that patients (aged 15 years and older) can enrol in or general practitioners can prescribe to their patients. Cost involved – see website.



Patient Mental Health Hotlines and Telephone Counselling

See also:

- [Electronic Mental Health Services – Online Treatment Programs](#)
- [Mental Health Family and Carer Support](#)









Background

[About patient mental health hotlines and telephone counselling](#) ▼

Referral

[General mental health – children and youth](#) ▼

[General mental health – adults](#) ▲ 

- [Lifeline](#)  – phone **13-11-44** (available 24 hours, 7 days) or online chat 7.00 pm to midnight.
- [MensLine Australia](#)  – phone **1300-78-99-78** (available 24 hours, 7 days) or online chat.
- [Beyond Blue](#)  – phone **1300-224-636** (available 24 hours, 7 days) or online chat.
- [Suicide Call Back Service](#)  – phone **1300-659-467** (available 24 hours, 7 days) or online chat.
- Open Arms Veterans and families counselling – phone **1800-011-046** (available 24 hours, 7 days).
- [SANE Australia](#)  – support for people affected by complex mental illness – phone 1800-187-263 or online chat (available weekdays, 10.00 am to 10.00 pm).
- [Qlife](#)  (LGBTIQ+ counselling service) – phone **1800-184-527** or online chat (available 3.00 pm to midnight, 7 days).
- [Transcultural Mental Health Centre](#)  – Translated resources. 

[Addiction](#) ▼ 

[Family and friends of people with a mental illness](#) ▼ 

[Online forums](#) ▼





Non-clinical Community Mental Health Support

See also [Community Services Directory for Aboriginal and Torres Strait Islander Peoples](#)

Background

[About non-clinical community mental health support](#) ▼

Some mental health patients may be eligible for [National Disability Insurance Scheme \(NDIS\)](#) support packages which provide funding for non-clinical support. The NDIS has strict eligibility criteria and mental health patients may require support from their general practitioner, a support worker, or their family to access the scheme.

The non-clinical community mental health services listed here provide services to both NDIS and non-NDIS patients. Some programs have strict eligibility criteria that only provide services for patients not supported through NDIS.

MindHealth

Provides [low intensity mental health services](#) ▼ to people with, or at risk of, mild mental illness who do not require traditional psychological services.

1. Check the [criteria](#) ▼.
2. To refer:
 - The patient can self refer by:
 - phoning **1300-029-131**.
 - accessing the MindHealth [website](#) .
 - GP referrals can be made using SeNT by choosing Primary Access (Central Intake)

[Newcastle / Lake Macquarie / Port Stephens](#) ▼

[Upper Hunter](#) ▼



Mental Health Patient info

Central Coast

Mental Health

In This Section

[Anxiety in Adults](#)
[Bereavement](#)
[Bipolar Disorder](#)
[Borderline Personality Disorder](#)
[Clozapine Monitoring](#)
[Depression](#)
[Deliberate Self-harm](#)
[Disaster or Adverse Weather Event - Mental Health](#)
[Eating Disorders](#)
[Psychosis](#)
[Suicide Prevention](#)
[Online Mental Health Therapy for Adults](#)

<https://www.ccpatientinfo.org.au/>

No password required

Hunter New England

Mental Health

In This Section

[Anxiety in Adults](#)
[Bereavement](#)
[Bipolar Disorder](#)
[Borderline Personality Disorder](#)
[Deliberate Self-harm](#)
[Depression](#)
[Disaster or Adverse Weather Event - Mental Health](#)
[Eating Disorders](#)
[Involuntary Treatment](#)
[Problem Gambling](#)
[Psychosis](#)
[Suicide Prevention](#)
[e-Mental Health Online Resources](#)

<http://patientinfo.org.au>

No password required

Search

e-Mental Health Online Resources

E-mental health services:

- Are online interactive treatment and support options targeted towards common mental health problems.
- Include wellness promotion, psycho-education, prevention and early intervention, crisis intervention, treatment, and recovery and peer support.
- Can be used as a self-help resource or in conjunction with other mental health treatment.
- Are easy to access, simple to navigate and have been researched, developed and tested.
- Most e-mental health programs are anonymous and free.
- No referral is required, any patient can register to use these programs any time (with the exception of 'This Way Up' which requires both general practitioner and patient registration).
- Patients can progress through the program at a speed comfortable to them.

E-mental health programs

- [Addiction](#)
- [Anxiety](#)
- [Bipolar Disorder](#)
- [Depression](#)
- [Family and Friends of People with Mental Illness](#)
- [General Mental Health and Wellbeing](#)
- [Grief and Loss](#)
- [Obsessive Compulsive Disorder \(OCD\)](#)
- [Panic Disorder](#)
- [Post Traumatic Stress Disorder \(PTSD\)](#)
- [Suicide Prevention](#)

- ✚ Transgender Health and Gender Di
- ✚ Mental Health
 - ✚ Anxiety in Adults
 - ✚ Bereavement
 - ✚ Bipolar Disorder
 - ✚ Borderline Personality Disorder
 - ✚ Deliberate Self-harm
 - ✚ Depression
 - ✚ Disaster or Adverse Weather Eve
 - ✚ Eating Disorders
 - ✚ Involuntary Treatment
 - ✚ Problem Gambling
 - ✚ Psychosis
 - ✚ Suicide Prevention
 - ✚ e-Mental Health Online Resourc
- ✚ Sexual Health
- ✚ Refugee Health in Adults
- ✚ Smoking
- ✚ Drugs and Alcohol
- ✚ Keeping Healthy and Preventive Ca
- ✚ Planning for End of Life
- ✚ Carer Information
- ✚ Local Health and Support Services
- ✚ Be more involved in your healthcar