

## Mental Health Service Overview

The aim of this Mental Health Service Package is to support GP's to easily identify the appropriate mental health service for their patient. This package focuses on the Stepped Care Model to identify the different intensity levels of mental health treatment and understand which intensity level is appropriate for a patient.

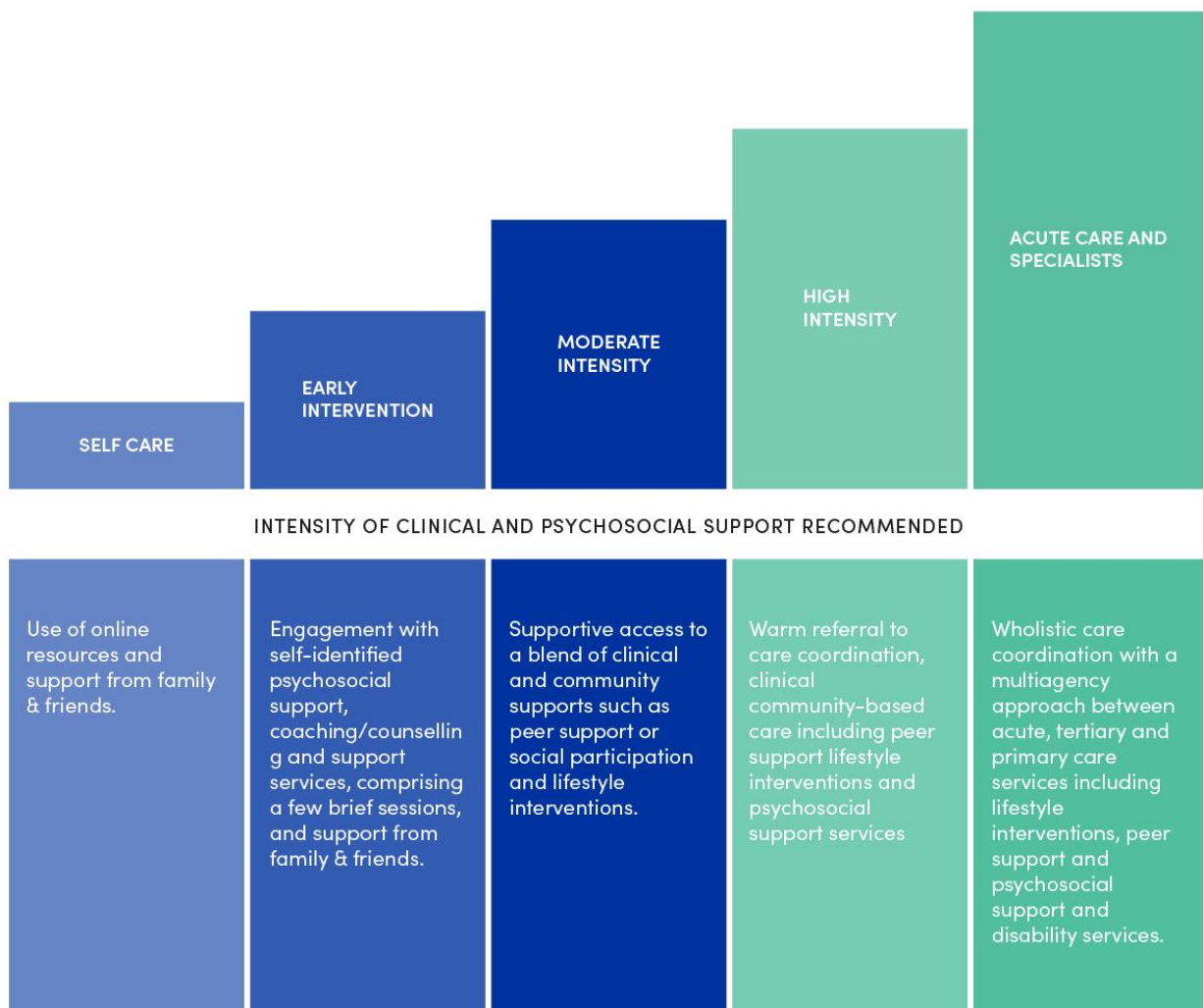
The preferred method for GPs to identify an appropriate intensity of support for their patient is by utilising the [Central Access and Referral PRIMA service](#). PRIMA use the [Initial Assessment and Referral \(IAR\) Tool](#) which is a decision support tool that can be used to assist in deciding which [level of care](#) a patient requires under the Stepped Care Model.

For more information on the Stepped Care Model and IAR tool, please watch the recorded [Pathways into Primary Mental Health Services](#) webinar. Further information on Mental Health Treatment Plans by General Practice Mental Health Standards Collaboration can be found [here](#).

Below is an outline of the Stepped Care Model and services that are available in your region based on the level of intensity required and population group. For more information on referral pathways and mental health services, please log into [HNE Healthpathways](#) or [Central Coast Health Pathways](#). [HNE](#) or [CC](#) Patient Info can also be utilised by patients and their health care providers.

## Stepped Care Model

**Stepped care** is defined as an evidence-based, staged system comprising a hierarchy of interventions, from the least to the most intensive, which can be matched to an individual's needs. Stepped care recognizes there are a spectrum of needs, and therefore there also needs to be a spectrum of services.



## Mental Health Services – Stepped Care Approach

	HealthPathways Link	Self-Care	Early Intervention	Moderate Intensity	High Intensity	Acute
Children (0-14)	<ul style="list-style-type: none"> <li>- <a href="#">Central Coast</a></li> <li>- <a href="#">Hunter New England</a></li> </ul>	<ul style="list-style-type: none"> <li>- <a href="#">Head to Health</a></li> <li>- <a href="#">Beyond Blue</a></li> <li>- <a href="#">HNE Kids Health</a></li> </ul>	<ul style="list-style-type: none"> <li>- <a href="#">Kids helpline (5+)</a></li> <li>- <a href="#">Play group</a></li> </ul>	<ul style="list-style-type: none"> <li>- <a href="#">MBS Psychology Primary Mental Health Services</a></li> <li>- <a href="#">Kids helpline (5+)</a></li> </ul>	<ul style="list-style-type: none"> <li>- <a href="#">CAMHS</a></li> <li>- <a href="#">Kids helpline (5+)</a></li> </ul>	LHD Inpatient Services
Youth (15-24)	<ul style="list-style-type: none"> <li>- <a href="#">Central Coast</a></li> <li>- <a href="#">Hunter New England</a></li> </ul>	<ul style="list-style-type: none"> <li>- <a href="#">Headspace National</a></li> <li>- <a href="#">Head to Health</a></li> <li>- Friends &amp; family</li> </ul>	<ul style="list-style-type: none"> <li>- <a href="#">Headspace National</a></li> <li>- <a href="#">MindHealth</a></li> </ul>	<ul style="list-style-type: none"> <li>- Youth Complex</li> <li>- <a href="#">Headspace</a></li> <li>- <a href="#">MBS Psychology Primary Mental Health Services</a></li> </ul>	<ul style="list-style-type: none"> <li>- <a href="#">CAMHS</a></li> </ul>	
Adults (25-59)	<ul style="list-style-type: none"> <li>- <a href="#">Central Coast</a></li> <li>- <a href="#">Hunter New England</a></li> </ul>	<ul style="list-style-type: none"> <li>- <a href="#">Head to Health</a></li> <li>- <a href="#">This Way Up</a></li> </ul>	<ul style="list-style-type: none"> <li>- <a href="#">MindHealth</a></li> </ul>	<ul style="list-style-type: none"> <li>- <a href="#">MBS Psychology Primary Mental Health Services</a></li> </ul>	<ul style="list-style-type: none"> <li>- <a href="#">LHD Community Mental Health Services</a></li> <li>- <a href="#">Primary Mental Health Clinical Care Coordination</a></li> </ul>	
Older People (60+)	<ul style="list-style-type: none"> <li>- <a href="#">Central Coast</a></li> <li>- <a href="#">Hunter New England</a></li> </ul>	<ul style="list-style-type: none"> <li>- <a href="#">Head to Health</a></li> <li>- <a href="#">This Way Up</a></li> </ul>	<ul style="list-style-type: none"> <li>- <a href="#">MindHealth</a></li> <li>- RACF Psychological Therapy</li> </ul>	<ul style="list-style-type: none"> <li>- <a href="#">MBS Psychology Primary Mental Health Services</a></li> <li>- RACF Psychological Therapy</li> </ul>	<ul style="list-style-type: none"> <li>- <a href="#">LHD Community Mental Health Services</a></li> </ul>	
First Nations Peoples	<ul style="list-style-type: none"> <li>- <a href="#">Central Coast</a></li> <li>- <a href="#">Hunter New England</a></li> </ul>	<ul style="list-style-type: none"> <li>- <a href="#">Wellmob</a></li> <li>- <a href="#">Head to Health</a></li> <li>- <a href="#">This Way Up</a></li> </ul>	<ul style="list-style-type: none"> <li>- <a href="#">MindHealth</a></li> <li>- <a href="#">Indigenous Mental Health Services</a></li> </ul>	<ul style="list-style-type: none"> <li>- <a href="#">Indigenous Mental Health Services</a></li> <li>- <a href="#">MBS Psychology Primary Mental Health Services</a></li> </ul>	<ul style="list-style-type: none"> <li>- <a href="#">Indigenous Mental Health Services</a></li> </ul>	

Across the stepped care model it is appropriate to consider and offer referral to treatment and support interventions related to comorbidity (D&A) and suicide prevention, as well as an appropriate intensity of support to ensure psychosocial needs are met (social, environmental, relationships, connection to community and culture). [Mind Health Service Connect Line](#) is a phone service where qualified counsellors can link people to appropriate local psychosocial services through warm referral. This service can also be found in [HNE HealthPathways](#) and [Central Coast HealthPathways](#).

### Additional Mental Health Resources and Education

For mental health education that supports GPs and other health professionals, please visit [E-Mental Health in Practice](#).