

It won't happen overnight...

Chances are your condition didn't happen overnight, so it could take a few sessions to help you.

Mental Health Plan

You will be offered six **FREE** sessions. Attending these sessions is important.

Your health is important.

You are important.

Please make every effort to attend.

GP Review

After your six sessions, your GP will meet with you to see just how much progress you've made.

If you have any other health concerns do not wait for your next appointment. Talk to your GP as soon as you can.

To find out more...



Please Contact

Mental Health Program Officer

**MID NORTH COAST DIVISION
OF GENERAL PRACTICE**

PO Box 920
Coffs Harbour NSW 2450

Phone: 02 6651 5774

Fax: 02 6651 5781

www.mncdgp.org.au

This is an initiative of the Australian Government Access to Allied Psychological Services (ATAPS) presented by the Mid North Coast Division of General Practice in conjunction with Better Outcomes in Mental Health Care funded by the Australian Government Department of Health & Ageing



**MID NORTH COAST DIVISION
OF GENERAL PRACTICE**

**One in five
Australians will
need
a little extra
support and
understanding
along the way...**



WHAT THE SERVICE CAN DO FOR YOU

The service is there to help you and your family with mental health issues. You may want to feel better, deal with stress or change behaviours, so you can manage life in a more positive way.



This is a **FREE** service that's
100% Government funded

Your Doctor (GP) can refer you

Mental health issues affect everyone, with one in five Australians needing a little extra help to deal with problems such as depression and anxiety. Ask your Doctor (GP) for help today.



What the Service is all about

You get a service that is 100% free and supports you to deal with mental health issues.

Talk to your
Doctor

What Happens?

- ✓ Your Doctor (GP) can refer you to someone trained in mental health.
- ✓ You can have up to 6 sessions of about 50 minutes each.
- ✓ You will then be reviewed by your Doctor to assess your progress.
- ✓ If you need further sessions, your doctor and mental health professional will discuss this with you.

Your issues are kept private

Only your Doctor and Mental Health Professional have access to your personal details.

Information with no names or ID is used to help improve the service.

What if you can't make an appointment

It's important that you attend all sessions, please give 24 hours notice if you have to cancel .

You can get another appointment.

We are making a difference...

Improved outcomes are identified in more than 85% of cases. From 2003 to 2010 ATAPS provided over 600 000 mental health sessions to over 153 000 Australians diagnosed with a mental health disorder.

Helping you to help others

To support the service and provide an even better one, we ask you a few questions at the end of your treatment.

No names. No ID. No pressure.

Just a few questions that will help us provide better services.

What if you're not happy with the Service?

Tell us right away.

It's important you are happy with the service. Please tell your GP or call the Division if you have any concerns, so we can try to fix it.

If you need help right now...

If you need help right now or if you are in crisis, please talk to...

your GP

your local hospital

The Mental Health Access Line Ph 1300 369 968.

