

How to find us:



- ⇒ This service is available 1 day per fortnight from this medical practice.
- ⇒ All consultations are managed professionally and confidentially.

Your Local Counsellor is:

First Appointment date :

____/____/____

Your GP follow up appointment is:

____/____/____

Important Services to further help you:

24 hour crisis assistance is available by contacting your local Community Mental Health Team :

Wangaratta: (03) 57220347 or

1300 783 347

Wodonga: (02) 62561500 or

1300 881 104

OR by contacting other services:

Lifeline 13 11 14

Suicide Help Line 1300 651 251

Kids Help Line 1800 551 800

www.kidshelp.com.au

www.reachout.com.au

www.beyondblue.com.au

Police & Ambulance:

000 or from a mobile: 112



A service committed to promoting mental health and well being in North East Victoria & Wodonga

Consumer Information Brochure



Collaborative Approach to Primary Mental Health



Who are we?

The integrated service aims to support General Practitioners and Community Health Services to provide optimum mental health care to those people with anxiety, depression & early psychosis.

We provide counselling to all age groups from different cultural backgrounds.

We do not charge for this service . However, your general practice may charge a service fee. Please discuss this with the GP or reception staff.

The Integrated Primary Mental Health Service is a combined initiative of North-east Health – Wangaratta, North East Victorian Division of General Practice & Border Division of General Practice. This new initiative has been funded by State & Commonwealth Government's Mental Health Funding.



What we can offer you

The Integrated Primary Mental Health Team can provide assessment and counselling for

- ⇒ Depression
- ⇒ Stress / anxiety management
- ⇒ Grief & Loss issues
- ⇒ Adjustment issues & general life problems
- ⇒ Sleep difficulties
- ⇒ Distressing thoughts or feelings

This service will provide early intervention, support, counselling and self management assistance



How we work with your GP

If you are referred to the counsellor and have a significant wait before your first appointment, it is very important that you maintain regular contact with your GP to ensure you have support during this time.

The counsellor you are referred to will work very closely with your GP in a shared care arrangement. With your consent, this partnership will ensure that the best outcomes for your emotional and physical health are achieved.

Your GP will need to review your progress throughout your contact with your counsellor. It is important that you attend all of these appointments.

If you cannot attend an appointment with your counsellor, please ensure you contact the GP surgery and inform the reception staff as early as possible. This will ensure that other patients on our waiting list are given an opportunity to see the counsellor. The reception staff will be able to provide you with an alternative appointment when you ring.