

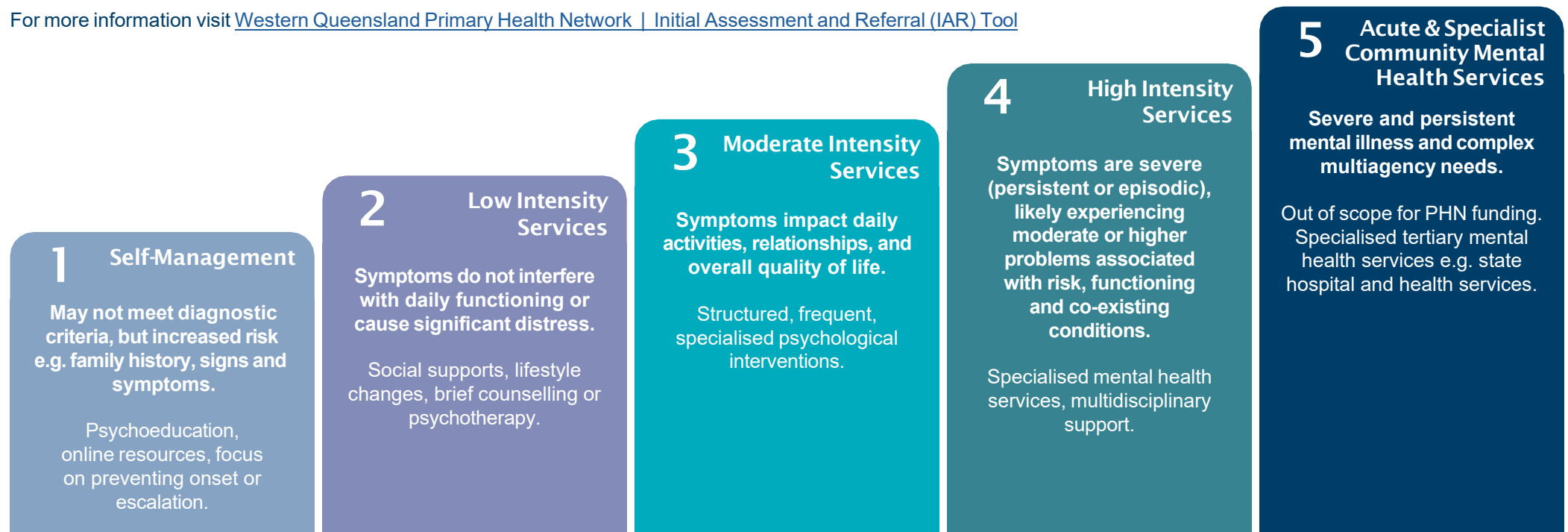
Stepped Care Approach to Primary Mental Health Care

Far South West

Stepped Care is a model of mental healthcare where service intensity is matched to an individual's treatment needs and severity of mental health issues. In a stepped care approach, a person is offered interventions and supports at an intensity that best meets their needs and preferences. When these needs and preferences change, the treatments and supports are changed accordingly.

This document aligns with the Australian Government's [Initial Assessment and Referral Decision Support Tool](#) for health professionals to use when assessing and supporting a patient and referring the appropriate services.

For more information visit [Western Queensland Primary Health Network | Initial Assessment and Referral \(IAR\) Tool](#)



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If you are unsure where to start, contact Head to Health on 1800 595 212 or via headtohealth.gov.au
All services listed below are free and welcome all referrals. A GP mental health treatment plan may be required.

Service

	1 Self- Management	2 Low Intensity	3 Moderate Intensity	4 High Intensity	5 Acute Care
1300 MH Call 1300 642 255 Confidential telephone triage service available 24/7 and connects caller to nearest public mental health service.	✗	✓	✓	✓	✓
Head to Health 1800 595 212 / headtohealth.gov.au Free, confidential Assessment and Referral Phone Service offering an accessible entry point to all mental health services.	✓	✓	✓	✓	✗
CatholicCare Social Services 1300 477 433 Commonwealth Psychosocial Support Program – Brokerage Program that purchases capacity building wrap around activities that will promote recovery, independence and social inclusion.	✗	✓	✓	✓	✗
Clean Slate Clinic 02 3813 8104 Telehealth alcohol withdrawal and recovery service for individuals struggling with alcohol dependence.	✓	✓	✓	✓	✗
Cunnamulla Aboriginal Corporation for Health (CACH) 07 4655 8815 Aboriginal & Torres Strait Islander Social and Emotional Wellbeing (SEWB) Services (culturally and clinically integrated). Mental health nurses and clinical care coordination for people with severe and complex mental illness. Alcohol and other drug treatment, recovery and support services.	✓	✓	✓	✓	✗
Lifeline 13 11 14 / Darling Downs and South West 1300 991 443 My Connection My Way Face to face mental health counselling service available in St George, Roma, Surat and Charleville. Other regions via telehealth only.	✓	✓	✗	✗	✗
Lives Lived Well 1300 727 957 LIME (Low Intensity Mental Health Empowerment) offers support for people aged 12 and above, with five free sessions available in person, by phone or video call.	✓	✓	✓	✓	✗
R Health 1800 595 212 NewAccess Program - Teleservice Mental health counselling service via telehealth. Up to six sessions of low intensity CBT.	✓	✓	✗	✗	✗
Universal Aftercare Service - Stride 07 4622 8824 Psychosocial response to support people following a suicide attempt or suicide crisis.	✗	✗	✗	✓	✗
Vital Health 07 4622 4322 Right Care Right Place - Eating Disorder Care in My Community Care coordination and service navigation which will support early intervention and access to an appropriate level of care for those experiencing eating disorders, their families and supports.	✓	✓	✓	✗	✗

**24 Hour Support
Available**

Emergency Services
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Lifeline
13 11 14
www.lifeline.org.au

Beyond Blue
1300 224 636

Suicide Call Back Service
1300 659 467

13 YARN
13 92 76

ADIS (Alcohol
and Drug Support)
1800 177 833