



Mental Health Services in Rural & Remote Areas (MHSRRA)

MHSRRA provides access to
FREE & CONFIDENTIAL Short term,
focussed Psychological services in Rural &
Remote areas.

This program is for people who are
low income earners and are suffering from
MILD to MODERATE mental health issues
(including anxiety & depression)

Your GP can assist you in accessing the
ATAPS service and complete a Referral &
Mental Health Treatment Plan.

For more information contact the **Access to
Allied Psychological Services Information
Line on 02 6826 5271**

**This program is NOT an urgent Service. If
you need urgent assistance, please contact
the Mental Health Line: 1800 011 511**

How the program works:

- ATAPS provides access to short-term focused psychological strategies from a mental health provider.
- After 6 sessions, your GP will review your MHTP if further sessions are requested.
- 12 sessions are available in a calendar year (a further 6 sessions are available in exceptional circumstances).

How do I access ATAPS?

- You will need to book an appointment with your GP. It may help to ask for a longer appointment to ensure you have time to talk about your current situation.
- Your GP will complete a Referral & Mental Health Treatment Plan.
- Once the referral has been accepted your local provider will contact you to arrange an appointment time.

For further information speak to:

- Your General Practitioner (GP),
- Access to Allied Psychological Services Information Line: **02 6826 5271**
- Or visit our website:
www.marathonhealth.org.au



265 Durham St
PO Box 175 | BATHURST NSW 2795
T 02 6333 2800 F 02 6332 6648

106 Talbragar Street
PO Box 1834 | DUBBO NSW 2830
T 02 6826 5200 F 02 6884 0198