

Referral form

Date:

Client details			
<input type="checkbox"/> Mr <input type="checkbox"/> Mrs	<input type="checkbox"/> Ms <input type="checkbox"/> Other	Surname	First name
Address			
Date of birth		Phone	
Gender		Aboriginal and/or Torres Strait Islander	<input type="checkbox"/> Yes <input type="checkbox"/> No
Marital Status			
Commonwealth Benefit	<input type="checkbox"/> DSP <input type="checkbox"/> Newstart <input type="checkbox"/> Other	Are they currently employed as	<input type="checkbox"/> Trainee <input type="checkbox"/> Apprentice <input type="checkbox"/> undertaking pre-apprenticeship training
Do they have a GP – provide details			
Do they consent to NewAccess contacting their GP		<input type="checkbox"/> Yes <input type="checkbox"/> No	
Are they currently accessing a psychologist, counsellor or psychiatrist		<input type="checkbox"/> Yes <input type="checkbox"/> No	
Do they need assistance with reading and writing		<input type="checkbox"/> Yes <input type="checkbox"/> No	
Current presenting issues:			

Source of referral			
Name		Agency	
Address			
Role		Email	

I (participant name) _____ consent to being referred to NewAccess and consent to the gathering and sharing of information between referrer agency, GP and NewAccess program.

Client signature: _____

Referring agent signature: _____

Referral date: _____

e: newaccess@marathonhealth.com.au

w: marathonhealth.com.au/newaccess

t: 02 6333 2838

How does NewAccess work?

Many people need support for their mental health at some point in their lives. NewAccess is an evidence based, proven, early intervention program designed to support individuals experiencing mild to moderate depression and anxiety. This program is suited to individuals presenting with mild to moderate depression and anxiety.

NewAccess is a free, confidential program for people in Western NSW, over the age of 12.

It is available over the phone or face-to-face. The 'no referral', minimal wait times aims to increase access to ensure it is easy to get support when it is needed.

Over six sessions, including assessment the NewAccess coach will work with individuals using a low intensity, cognitive behaviour therapy model to identify and address the issues causing the individual distress. The coach supports the person to overcome the difficulties using proven, guided self-help techniques and resources. Specialist clinical supervisors oversee all coaches and review all cases. For more information visit the Beyond Blue website: www.beyondblue.org.au/get-support/newaccess

How do I refer/access the program in Western NSW?

You don't need a medical referral or Mental Health Treatment Plan to gain access to the program. Individuals can self-refer or can be referred by a health professional, family member, friend or any person who has the consent of the individual requiring the support.

Make a self-referral or referral by:

Online: submitting an online enquiry form via www.marathonhealth.com.au/newaccess

Phone: 02 6333 2838

Email: newaccess@marathonhealth.com.au

Face to face appointments can be scheduled in the following locations:

Marathon Dubbo: 106 Talbragar Street, 2830

Marathon Bathurst: 102 Keppel St, Bathurst NSW 2795

NewAccess Eligibility

Once an enquiry from the individual or referral is received by the NewAccess program, the client will be contacted within 24 hours or the next business day to confirm eligibility and have their first appointment booked (within 7 days).

NewAccess is **NOT** a crisis service. To get help in a crisis situation, call the Mental Health Line on 1800 011 511 or in an emergency call **000**.