

Strong Minds Western NSW

General Practitioner guide

This service is funded by:



An Australian Government Initiative



Marathon Health delivers Strong Minds Western NSW across the Western NSW region, with funding through the Western NSW Primary Health Network (PHN).

General Practitioners (GPs) can refer eligible clients to access **up to 12 FREE**, psychological consultations with a mental health professional. Consultations are provided face to face and via telehealth.

Who is eligible?

Strong Minds Western NSW delivers short-term, focused psychological services for people with a diagnosable mild to moderate mental health concern.

These services can assist:

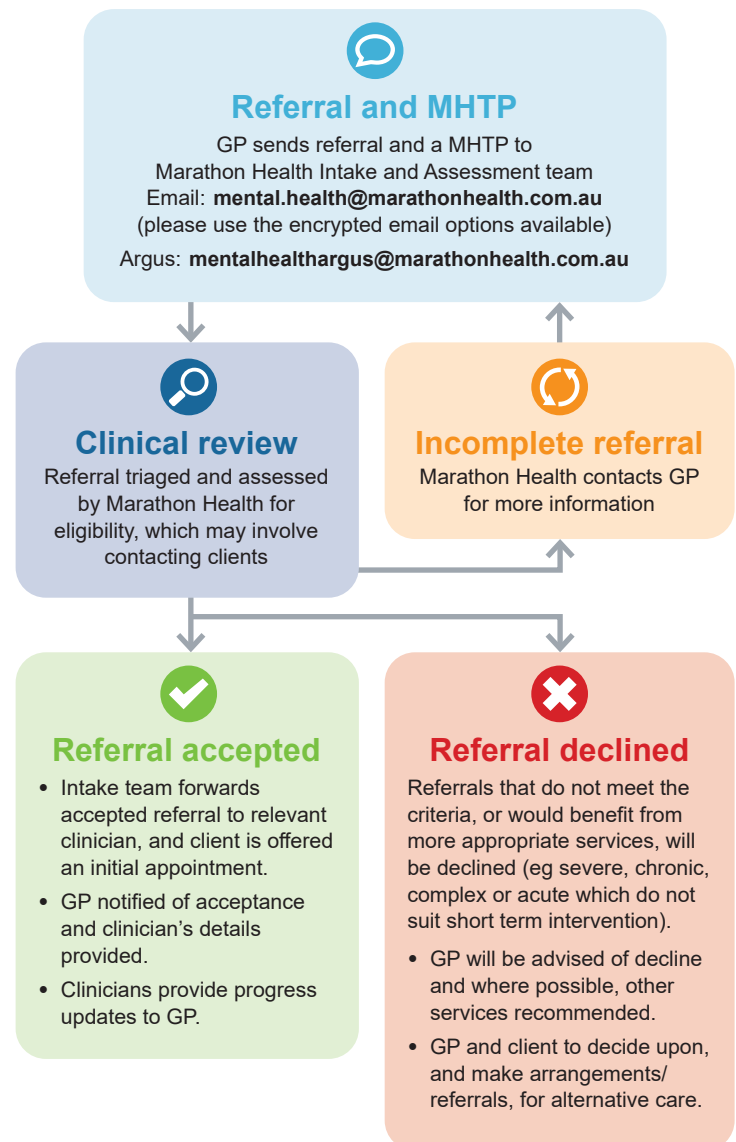
- People living in rural and remote communities
- Children under the age of 12 years subject to clinician availability
- People experiencing, or at risk of, homelessness
- Women experiencing perinatal depression
- People from culturally and linguistically diverse (CALD) backgrounds
- Designated high need population groups (Aboriginal and Torres Strait Islander peoples, people at risk of suicide but not acutely suicidal, and young people)

What does this mean for GPs in the Western NSW PHN region?

GPs are able to refer clients to the program by downloading the referral form from marathonhealth.com.au and completing a Mental Health Treatment Plan (MHTP). Best Practice and Medical Director compatible forms are also available from marathonhealth.com.au

This information can then be sent via secure messaging, such as encrypted email or Argus. Please feel free to contact our staff if you need assistance with this.

The Intake and Assessment team will then determine if the client meets eligibility for the Strong Minds Western NSW program.



Contact Marathon Health customer enquiries for clinical services on **02 6826 5271**
marathonhealth.com.au/strong-minds-western