

STRONG MINDS

This service provides **free**, evidence-based counselling for children and adults living in the Murrumbidgee region.

Trained and experienced clinicians deliver psychological interventions to help with a wide variety of mental health issues.

This service aims to provide timely access to support for people in areas that experience barriers to mental health care.

The service focuses on supporting recovery and wellness, and is designed to be responsive to the needs and goals of the individual.

This service is not a crisis service or a service for those in an acute phase of illness.

**To get help, call the AccessLine
on 1800 800 944.**



How do I access this service?

If you feel this service could help you, please talk to your doctor or health professional, and they can refer you to this program. After the referral is assessed and accepted, a Strong Minds staff member will be in touch with you about an appointment.

How do I refer a patient?

Download the referral form from the Murrumbidgee PHN or Marathon Health website and complete the patient's details. Then email/fax the completed form with the Mental Health Treatment Plan (MHTP) to the Murrumbidgee PHN Central Intake Service:

Email: centralintake@mphn.org.au

Fax: 02 6921 9911

If your patient doesn't have a GP MHTP, they will need to see a doctor who can establish one prior to the first Strong Minds session.

If you have an enquiry about the referral, please call the Murrumbidgee PHN Central Intake Service on 02 6923 3195.



For general enquiries about Marathon Health and its services, contact the Wagga Wagga office on 02 6937 2000.

Marathon Health gratefully acknowledges the financial and other support from Murrumbidgee PHN. The Primary Health Networks Programme in an Australian Government Initiative.