

Mental Health and Wellbeing Services and Programs



Summary of key issues and impact



37% of adults in Gippsland have been diagnosed with anxiety or depression.



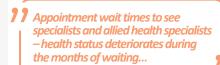
Aboriginal and Torres Strait Islander people, people with a disability, LGBTIQ+ people and people experiencing homelessness or problematic drug or alcohol are **more likely to experience distress**.



Significant gaps in access to timely and affordable mental health services across Gippsland, including psychology and psychiatry.

I want holistic care, no wrong door...too many services have exclusion criteria...

- Workshop participant



- Workshop participant

Mental health and wellbeing reform





A bilateral **Mental Health and Suicide Prevention Agreement** between the Commonwealth and Victoria was **signed off in 2022** and sets out a shared commitment to working together to improve mental health and wellbeing.



A Mental Health and Wellbeing Statewide Service and Capital Plan is to be published by the end of 2022.

Regional plans will follow by the end of 2023, based on a collaboration between the State, Commonwealth (through PHNs) and Interim Regional Bodies. The Regional Mental Health and Suicide Prevention Plan 2020, sets out agreed key principles to guide comprehensive planning.



other drug (AOD) specialist service

· Aboriginal infant, child and family

• Lived experience residential service

wellness centre

Website

A transition to regional governance and commissioning through Regional Mental Health and Wellbeing Boards by 2026 (Levels 2-3, see overview).

Gippsland overview of reformed service system

A person living with mental illness or experiencing psychological distress can move between levels at any point in time according to their needs.

Age groups for Levels 1-3: Infant, child and family (0-11 years), Youth (12-25 years) and Adults and older adults (26 years or older).

Wellbeing support through non-

Youth mobile assertive outreach

Youth Prevention and Recovery

Centre (YPARC)

government organisation partnerships

The journey has been huge, frightening and exhausting for all.

- Carer

other social support networks

People with specialist needs	People with moderate to severe needs		People with mild distress or at risk
Level 1 Statewide specialist services	Level 2 Area Mental Health and Wellbeing Service: Bed-based, residential and crisis services	Level 3 Local Mental Health and Wellbeing Services: Front door or entry point hubs	Levels 4-6 Primary care, private providers and community supports
 Digital supports Child and family residential Trauma services Mental health and Alchohol and 	 Emergency response led by Ambulance Victoria High level emergency department Integrated mental health and AOD care 	 Infant, child and family Mental Health and Wellbeing Hub Four headspace centres Adult and older adult hubs to open 	 Level 4 includes GPs, allied health and Alchohol and other drug support Level 5 includes digital supports Level 6 includes family, carers and

in Latrobe in 2022 and Orbost and

Additional supports planned*

• HeadtoHealth currently service all age

groups (Baw Baw and Wellington Hubs)

Bairnsdale in 2023

^{*} Including family and carer led centre, crisis respite and drop in centre, mental health and AOD integration trial, suicide prevention training. For more information and progress, see Mental Health Reform



An Australian Government Initiative

Mental Health and Wellbeing Services and Programs



77 "There is a lack of mental health services for children.

available 24 hours, 7 days

- Community Member

Gippsland HealthPathways



Offers clinicians locally agreed information to make the right decisions together with patients, at the point of care. The pathways are also available to specialists, allied health professionals, and other health professionals in Gippsland.

Request access: gippsland.communityhealthpathways.org

Gippsland PHN funded primary mental health service use

2019-20: 2,516 clients accessed 2,831 episodes of care and 13,883 service contacts

2020-21: 4,659 clients accessed 4,764 episodes of care and 29,158 service contacts

Significant increase in part due to investment in HeadtoHealth in response to the COVID-19 pandemic.

Crisis Services



Organisation Telephone number

Organisation	relephone number	
<u>Lifeline</u>	13 11 14	
Suicide Call Back Service	1300 659 467	
Beyond Blue	1300 224 636	
MensLine Australia	1300 789 978	
Kids Helpline	1800 551 800	
<u>ReachOut</u>	Online service for under-	
	25s and their parents	

13 92 76

Torres Strait Islander Crisis Support

Gippsland PHN mental health and wellbeing services

 $\hbox{Gippsland PHN funded services will change from time to time. An updated list of services can be found at: } \\$

gphn.org.au/what-we-do/programs/mental-health-care-and-suicide-prevention





HeadtoHealth

Advice and referral for anyone who needs mental health and wellbeing support. Call **1800 595 212** and talk to an experienced mental health professional or go to <u>headtohealthvic.org.au</u>

Primary Mental Health Stepped Care and Suicide Prevention Program



- General practice based clinical care and care coordination led by a mental health nurse using a **combination of GP care**, allied health and links to psychiatry.
- **Psychological services,** clinical services through primary care, clinician-assisted digital mental health.



<u>Calm Kid Central</u> online program and resources for parents/carers and professionals of 4-11-year old children. **Membership** is free for Gippsland families.





- headspace centres/satellites in Morwell, Wonthaggi, Bairnsdale and Sale supports young people.
- Access to free mental health and wellbeing services for people living in rural and remote communities.



- Free and confidential counselling and support is available for individuals, families and emergency service workers affected by the 2019-20 bushfires in East Gippsland. Phone 1800 001 068
- Mental Health in Aged Care supports residents living in, or transitioning to, Residential Aged Care Facilities across Gippsland.



- The Way Back Support Service For people who have attempted suicide or experienced a suicidal crisis. Complementary to the state funded Hospital Outreach Post-suicide Engagement (HOPE) program.
- Support After Suicide provides a suicide bereavement counselling service, support groups and resources for people impacted by suicide.

Secondary school programs



- Doctors in Secondary Schools supported by local general practices.
 - **Enhancing Mental Health in Secondary Schools:** Online one on one student counselling sessions **for those located more than 60kms from their nearest headspace centre.**

Indigenous Dual Diagnosis service

Culturally appropriate drug and alcohol, and mental health services for Aboriginal and Torres Strait Islander persons.