



Tell Gippsland PHN

JULY - SEPTEMBER 2023

INTRODUCTION:

Gippsland Primary Health Network gathers feedback from community members, advisory groups and health professionals. This is a summary of what we've heard in July to September 2023 about what is impacting health and wellbeing, and how we can make improvements.



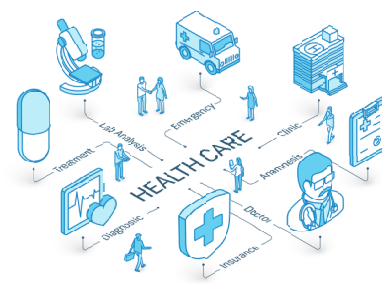
Non-medical factors affecting health:

- Lack of childcare
- An increase in demand for foodbanks
- Cost of living pressures
- An increase in demand for housing services
- Health impact of Voice referendum
- Social isolation
- Family violence
- Lack of public transport



Access to local services can be difficult, including:

- NDIS services
- Allied health
- After hours
- Refugee health
- Many services available in Latrobe only



Healthcare system issues:

- 60 day prescribing
- Concern about NDIS changes
- Lack of coordination between providers
- Uncertainty about MyMedicare



WHAT IS WORKING WELL:

- Local foodbanks
- Positive ageing programs supporting social connections
- Mental Health in Schools program
- Social Workers at the Orange Door helping with family violence
- Mini bus to support students' cultural connections

"I was seen fast and my concerns were taken seriously."

- Community member using a Priority Primary Care Centre

People are delaying healthcare support:

- Increasing healthcare costs
- More unwell when seeking care
- Distrust of system
- Pressures related to family, safety and time

"People are postponing GP appointments because they can't afford the gap payment."

- Professional

Mental health service issues:

- Navigation of the system is difficult
- Lack of referral options for children and young people
- Increase in complexity and anxiety
- Lack of perinatal mental health services
- Lack of qualified workforce

"The GPs ... sit with these clients, with no ability to provide the emotional and mental health support they require ..."

- Professional



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An Australian Government Initiative

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SUGGESTIONS:

- Improve health literacy within community
- Greater access to bulk billed GPs
- Increased mental health nurse support
- Equip teachers and community to support children and young people's mental health

"More accessible and subsidised activities to increase physical activity, increase community wellbeing and increase healthy eating etc..."

- Community member

Resources and services

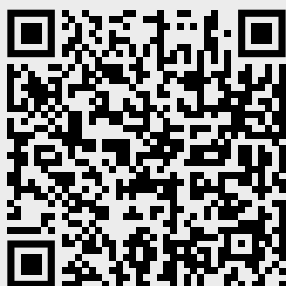
- Consider registering for family or couple **Medicare safety nets**
- Learn about the **Mental Health and Wellbeing Act**
- **MyMedicare** for professionals and **MyMedicare** for patients
- Read the latest Gippsland PHN **Priority issues papers**
- Support for people impacted by domestic, family or sexual violence – call 1800RESPECT (1800 737 732) www.1800respect.org.au
- **After-hours medical support** options in Gippsland, including the **Health Access telehealth after hours program**



Crisis services

- **Lifeline** - 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
- **ReachOut** - Online service for under25s and their parents
- **13YARN** - Aboriginal and Torres Strait Islander Crisis Support - 13 92 76

TELL US MORE...



**Tell Gippsland
PHN Webpage**



**Feedback
Survey**



**Become a Gippsland PHN
community contact**

If you have questions or would like to request the detailed document that informed this infographic, please contact tellgippslandphn@gphn.org.au or (03) 5175 5444.