

Who will know about this?

The only people who will know about these sessions are:

- Your GP.
- The Allied Health Professional.
- Central Coast Primary Care (CCPC) Access to Allied Psychological Support (ATAPS) team.

CCPC will not share any information with other parties that identifies you, unless required by law. The Allied Health Professional also needs to ask your permission before sharing details with anyone else.

You can ask your GP or Allied Health Professional for more information about when and where your information may be shared.

How can I find out more or provide feedback?

For more information on the Better Outcomes in Mental Health Program, or to provide feedback, please contact CCPC on 4365 2294

You can also complete the online feedback form at www.ccpc.com.au, go to **About Us** and click on **Complaints & Feedback**.

You can also speak to your doctor about the service.

About Central Coast Primary Care (CCPC)

CCPC delivers health and community services on the Central Coast, for the betterment of the Central Coast community.

For more information about CCPC and its programs, go to www.ccpc.com.au

Other useful contacts:

Mental Health Line 1800 011 511

Support for people experiencing a serious mental health issue.

Lifeline 13 11 14

Telephone crisis support

Mensline Australia 1300 789 978

Relationships Australia 1300 364 277

Headspace (12-25 yrs) 1800 650 890

Central Coast Primary Care is a Registered NDIS Provider.

Central Coast Primary Care acknowledges funding from the Commonwealth Government of Australia.

www.ccpc.com.au

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Central Coast



Central Coast
PRIMARYCARE
Better Health ~ Better Life

Better Outcomes in Mental Health. (BOMH) Program



Information for Clients

Primary Care is a Registered NDIS Provider.

Provider # 4050003930



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What is the Better Outcomes in Mental Health Program?

The program provides short term psychological support.

Your GP will need to provide a referral and complete a mental health treatment plan to access this service (your GP may refer to this service as BOMH- ATAPS, the government name for the program).

One referral entitles you to six sessions with a Allied Health Professional. You can get a maximum of two referrals per year, which means a total of 12 sessions. All sessions are funded and are at **no cost to you**.

Who is it for?

The service is designed for people:

- who are living on the Central Coast;
- who are experiencing symptoms of depression, anxiety, adjustment disorder or other mental health problems
- who would benefit from short term support from a Allied Health Professional.
- who are experiencing financial disadvantage

The service is not meant to provide long term support. In some cases, you may be more appropriately referred to another local service to better meet your needs.

What is a Allied Health Professional?

A Allied Health Professional is a professional who is specially trained to help people when they are having difficulties. They use special methods to look at the way you think, feel and behave, and help you overcome challenges and difficulties by talking through things and developing a positive plan of action.

How does it work?

- **Book an appointment to see your GP** – it is wise to ask for a longer appointment to give you and the GP time to talk.
- Your GP will talk to you about why the program would be beneficial for you.
- Your GP will complete all the necessary referral paperwork and develop a Mental Health Treatment Plan – this may take a little while.
- An Allied Health Professional will call you within 3 working days to organise the first appointment.
- The first appointment will be made within the next 3 weeks.
- After six sessions, you and the Allied Health Professional will discuss if another six sessions are necessary.
- If so, you will need to visit your GP again to organise a mental health review and new referral for this next set of sessions.

What do I need to do?

Once the first appointment is booked, you need to:

- Make sure you get to all sessions on time.
- Provide at least 24hrs notice if you can't attend a session (*if you don't, you may be charged a cancellation fee*).
- Actively participate in your treatment
- Visit your GP again once the sessions are finished.



The Better Outcomes in Mental Health Program is also able to provide services to people with an NDIS package.

Talk to us about the range of services that Central Coast Primary Care can provide NDIS participants inclusive of 'Support Coordination' which can help with putting all aspects of your NDIS plan in place.