



Practice Stamp

Supported by
Knox Division of General Practice and
Eastern Ranges GP Association



FREE MENTAL HEALTH NURSE SERVICE



Enhancing mental health
and wellbeing in our
diverse community

Who can use this service?

You can use this service if:

- You are currently receiving treatment for a mental illness and have a current mental health plan

AND

- You, your family, friends, or GP have concerns for your mental health and wellbeing or you have previously been a patient in a psychiatric facility

AND

- You have symptoms of depression, anxiety or another mental illness

AND

- Your mental illness is effecting your day to day living

AND

- You require assistance to connect with other community support services

AND

- You are interested in receiving additional support and are willing to attend your clinic to see the Mental Health Nurse.

NB: A person who is under the care of public mental health services is not eligible for this service.

How the Mental Health Nurse can support you.

- This service is FREE and UNLIMITED in the number of sessions that can be provided.
- Providing regular support, as required to help you work on your needs and concerns. (This may be weekly, fortnightly or monthly)
- Helping you understand and manage your illness. Looking at early warning signs and possible life events that increase the risk of becoming or staying unwell.
- Helping you identify and work towards goals that will help you feel independent and in control of your life.
- Helping you link to community supports useful for you and your situation
- Working with you to reduce possible risk of relapse or hospitalisation.
- Working together with you, your Doctor and community support workers – providing a greater sense of support available to you.
- Providing support and education for your family/carer and others. This will increase their understanding in how to support you best.

How the Mental Health Nurse can support your Doctor.

- Offering regular assessment, counselling, and monitoring medication routine and effects.
- Coordinating your care as outlined in your Mental Health Treatment Plan. Assisting referral to appropriate services in the community.
- Coordinating all services involved in your care.

How Can I Get Support from the Mental Health Nurse?

- Referrals are made by your Doctor.
- Speak to your Doctor if you like to be supported by the Mental Health Nurse Service.
- Appointments are booked by your Mental Health Nurse.

