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Primary Mental Health Nurse Care





MI-MIND CENTRE

Primary Mental Health Nurse Care

Mental Health Nurse Care is for people who are diagnosed with a severe and complex mental health condition in the Darling Downs and West Moreton region who are currently being managed in the primary care setting via a GP and/or psychiatrist.

People who are deemed eligible will receive mental health nurse services through a clinic setting or outreach model including clinical care coordination of services by a mental health nurse.

Mental Health Nurse Care will be delivered through:

- face-to-face sessions;
- telephone or online to individuals in private practice;
- community locations or via home visits (where risk assessed as safe and appropriate).

→ ELIGIBILITY CRITERIA

16+ year olds who:

- have a Mental Health Treatment Plan;
- are diagnosed with a severe and complex mental health condition;
- have mental health issues that are significantly impacting on their social, personal and work life;
- are at risk of being admitted to

hospital in the future if clinical care coordination is not provided, or have already had at least one admission due to their mental health in the past 12 months;

- are assessed as needing clinical care coordination for their ongoing treatment and management of their mental health for an extended episode of care;
- are currently under the care of a GP or psychiatrist for mental health care or will be linked with one as a part of the program.

A Mental Health Treatment Plan is mandatory for referral to this service.

→ WHO CAN REFER?

Referrals will be accepted from GPs and psychiatrists only.

→ REFERRAL PATHWAY

GPs will need to refer through referHEALTH, our e-Referral system.

To access referHEALTH, visit <https://ddwm.referhealth.com.au/>

email: nurse@mi-mindtrust.com.au

Credentialed mental health nurses can provide the following:

- Mental health assessment, including clinical risk assessment.
- Collaboration with GP's to contribute to diagnoses, care planning, and reviews
- Provide regular appointments to monitor mental state, risk and response to treatment.
- Collaborate with the patient, family/carers, other health professionals, services and agencies to provide holistic care.
 - Mental health education
 - Counselling and supportive therapy, including talk therapy and CBT
 - Care coordination including linking to appropriate services and agencies to assist with recovery