

ACT Primary Health Network Funded Mental Health Programs

Program Name	Program Information	Referral Information	Mental Health	Suicide Prevention	Psychosocial Support	Indigenous Specific
Next Step - Adult	<p>Eligibility: Suitable for people 18+ with mild, moderate and severe mental health issues.</p> <p>Intervention: Evidenced-based structured intervention based on Cognitive Behaviour Therapy (CBT) provided by either trained clinical (mental health professional) or non-clinical workforce (mental health coach) dependent on client needs.</p> <p>Delivery: Online, telephone and face to face services in various locations across the ACT.</p>	<p>Enquiries and self-referrals: (02) 6297 8066</p> <p>Health Professional Referral Form Note: for people with severe mental health issues a Mental Health Treatment Plan may be required.</p>	●			
Next Step – Youth	<p>Eligibility: 12 to 25 years of age with mild, moderate and severe mental health issues.</p> <p>Intervention: Age-appropriate evidenced-based structured intervention based on Cognitive Behaviour Therapy (CBT) provided by either trained clinical (mental health professional) or non-clinical workforce (mental health coach) dependent on client needs.</p> <p>Delivery: Online, telephone and face to face services in various locations across the ACT.</p>	<p>Enquiries and self-referrals (02) 6297 8066</p> <p>Health Professional Referral Form Note: for people with severe mental health issues a Mental Health Treatment Plan may be required.</p>	●			
Next Step – Child	<p>Eligibility: Children under 12, suitable for a range issues including depression, anxiety school refusal and grief and loss.</p>	<p>Enquiries and self-referrals for group programs: (02) 6297 8066</p> <p>Health Professional Referral Form</p>	●			

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	<p>Intervention: Age-appropriate evidenced-based structured individual and group programs including:</p> <ul style="list-style-type: none"> • Cool Little Kids – a group program for parents and carers of children aged 3-6 • Cool Kids – a group program for children aged 7-9 years and their parents. <p>Delivery: Face to face services in various locations across the ACT.</p>	Referrals for individual therapy must be completed by a GP, paediatrician or psychiatrist.				
headspace	<p>Eligibility: Early intervention services for young people aged 12-25 years</p> <p>Interventions: headspace interventions address issues affecting a young person’s wellbeing, including:</p> <ul style="list-style-type: none"> • Mental health • Physical health • Study and work support • Alcohol and other drugs <p>Delivery: A range of face to face and online programs are available through headspace.</p>	<p>Phone: (02) 5109 9700</p> <p>Fax: (02) 5109 9799</p> <p>Email: hs.canberra@marathonhealth.com.au</p>	●			
Connected	<p>Eligibility: Aboriginal and Torres Strait Islander people under the age of 25.</p> <p>Interventions: Psychological interventions by a clinical psychologist and emotional and social support from a Social and Emotional Wellbeing Officer</p>	<p>Phone: (02) 6180 2820</p> <p>Email: connected@marathonhealth.com.au</p> <p>Website: https://www.marathonhealth.com.au/connected</p>	●		●	●

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	<p>Delivery: Designed to improve the social and emotional wellbeing of clients through the provision of one-to-one support in the following areas:</p> <ul style="list-style-type: none"> • Anxiety • Depression • Social isolation • Alcohol and other drugs • Sexual identity • Family • School • Goal setting 	<p>Note: For referrals to the clinical psychologist and GP Mental Health Treatment Plan is required.</p>				
New Path	<p>Eligibility: People who are experiencing psychosocial and functional difficulties as a result of mental health illness and:</p> <ul style="list-style-type: none"> • Aged 18-35, referrals for people up to 64 can also be accepted • Live, work or study in the ACT • Do not receive supports through the National Disability Insurance Scheme (NDIS). <p>Interventions: Early intervention mental health recovery program which assists with:</p> <ul style="list-style-type: none"> • Managing symptoms of mental health • Getting relationships back on track 	<p>Phone: (02) 6282 2644 or OneLink 1300 779 270</p> <p>Email: newpath@wcs.org.au</p> <p>Website: https://www.wcs.org.au/services/mental-health/new-path</p>			●	

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	<ul style="list-style-type: none"> • Becoming involved in social or community activity • Engaging with education, employment or volunteering • Building life skills including confidence and resilience. <p>Delivery: Outreach and centre based individual and group programs.</p>					
Bloom Health Living Program	<p>Eligibility: People who are experiencing psychosocial and functional difficulties as a result of mental health illness and:</p> <ul style="list-style-type: none"> • Aged 18-64 • Live, work or study in the ACT • Do not receive supports through the National Disability Insurance Scheme (NDIS). <p>Interventions: Qualified Peer and mental health workers provide regular support and assist in building life skills, including maintaining mental health, engaging in learning, employment, education or volunteering, and managing finances.</p> <p>Delivery: Outreach and centre based individual and group programs.</p>	<p>Phone: 1300 779 270</p> <p>Website https://www.flourishaustralia.org.au/ask-help</p>			●	

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