

ACT PHN Commissioned Services Contracts



Program Name	Program Information	Referral Information	Mental Health	Suicide Prevention	Psychosocial Support	Priority Populations
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 presentation at assessment.</p> <p>Delivery: Telephone and face to face services in various locations across the ACT.</p>	<p>CatholicCare Canberra & Goulburn Enquiries and self-referrals: Phone: (02) 6162 6111</p> <p>Referral link can be found at: https://catholiccare.cg.org.au/services/nex-t-step/</p> <p>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 presentation at assessment.</p> <p>Delivery: Telephone and face to face services in various locations across the ACT.</p>	<p>CatholicCare Canberra & Goulburn Enquiries and self-referrals: Phone: (02) 6162 6111</p> <p>Referral link can be found at: https://catholiccare.cg.org.au/services/nex-t-step/</p> <p>Note: for people with severe mental health issues a Mental Health Treatment Plan may be required.</p>	●			

ACT PHN Commissioned Services Contracts

Program Name	Program Information	Referral Information	Mental Health	Suicide Prevention	Psychosocial Support	Priority Populations
Next Step – Child	<p>Eligibility: Children under 12, suitable for a range of issues including depression, anxiety, school refusal and grief and loss.</p> <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>	<p>CatholicCare Canberra & Goulburn Enquiries and self-referrals for group programs: Phone: (02) 6162 6111</p> <p>Referral link can be found at: https://catholiccare.cg.org.au/services/next-step/</p> <p>Referrals for individual therapy must be completed by a GP, paediatrician or psychiatrist.</p>	●			
Stepping Stones	<p>Intervention: Therapeutic service for children aged 12 and under who have experienced trauma, delivered free of charge. Families and carers will also be supported via education about the effects of trauma and how to best assist their child’s recovery.</p> <p>Eligibility:</p> <ul style="list-style-type: none"> Children in the ACT aged 12 and under who have experienced trauma and are not currently receiving psychological support. 	<p>CatholicCare Canberra & Goulburn Phone: (02) 6163 7600</p> <p>Email: SteppingStones@catholiccare.cg.org.au</p> <p>Website: https://catholiccare.cg.org.au/services/stepping-stones/</p>	●		●	

ACT PHN Commissioned Services Contracts

Program Name	Program Information	Referral Information	Mental Health	Suicide Prevention	Psychosocial Support	Priority Populations
	<ul style="list-style-type: none"> In order to determine if the service is best able to meet the child's needs, the family will be required to engage in a thorough assessment <p>Delivery: The program is delivered within normal business hours and also is available two evenings per week to increase accessibility to families.</p>	Children can be referred to the service by another health professional (such as their GP or Paediatrician), self-refer or another service provider. See website for details.				
headspace	<p>Eligibility: Early intervention mental health services to 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>	Grand Pacific Health Phone: (02) 6113 5700 Fax: (02) 6113 5744 Email: hcinfo@gph.org.au	●			
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 	Woden Community Services Phone: (02) 6282 2644 Email: newpath@wcs.org.au			●	

ACT PHN Commissioned Services Contracts

Program Name	Program Information	Referral Information	Mental Health	Suicide Prevention	Psychosocial Support	Priority Populations
	<ul style="list-style-type: none"> 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 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>	<p>Website: https://www.wcs.org.au/services/mental-health/new-path</p>				
Bloom Healthy 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,</p>	<p>Flourish Phone: 1300 779 270 Website https://www.flourishaustralia.org.au/ask-help</p>			●	

ACT PHN Commissioned Services Contracts

Program Name	Program Information	Referral Information	Mental Health	Suicide Prevention	Psychosocial Support	Priority Populations
	including maintaining mental health, engaging in learning, employment, education or volunteering, and managing finances. Delivery: Outreach and centre based individual and group programs.					
The Way Back Support Service	Eligibility: The Way Back Support Service is delivered to people who have been admitted to a hospital following a suicide attempt or people experiencing a suicide crisis. Interventions: <ul style="list-style-type: none"> providing encouragement and support in the first few months following your attendance at hospital helping you follow your hospital discharge and safety plan supporting you to connect with your GP and other services that may help you in your journey to recovery.	Woden Community Services Phone: 1800 929 222 (Mon-Fri 9.00am to 5.00pm) Website: https://www.wcs.org.au/services/mental-health/the-way-back-support-service	●	●	●	
Inclusive Pathways	Eligibility: Inclusive Pathways provides psychological therapies and social and emotional wellbeing support, free of charge to anyone aged 16 yrs+ who identifies LGBTIQ+ and is based in the ACT. Interventions:	Meridian Phone: (02) 6257 2855 Email: wellbeingservices@meridianact.org.au	●		●	●

ACT PHN Commissioned Services Contracts



Program Name	Program Information	Referral Information	Mental Health	Suicide Prevention	Psychosocial Support	Priority Populations
	<ul style="list-style-type: none"> • Dynamic, strengths-based, person-centred and affirming model of care • Delivered by a team of a psychologist and social worker who are experienced in working with LGBTIQ+ communities 	<p>Website: http://meridianact.org.au/wellbeing-services/inclusive-pathways/</p> <p>Please see website for details on how to refer into program. and people accessing the program who don't have a Mental Health Treatment Plan will be supported to obtain one.</p>				