

Mental Health Referral pathways reference guide

This guide provides a brief summary of the health pathways for the mental health services. For the most up-to-date information on assessment, management and requests, it is recommended that GPs visit the Sunshine Coast Community [Health Pathways](#) (username: usersc password: pwsc).

PHN funded Mental Health Services - Stepped Care

The PHN has commissioned mental health services using a Stepped Care framework. Table below shows streams and referral criteria.

| |
|--|
| Low intensity - >= 16; At risk or mild symptoms |
| Child and youth - 12-25 year; Mild, moderate and severe |
| Psychological therapies - Moderate to severe; Hard to reach/underserved |
| Complex care coordination - Severe, complex and at risk of hospitalisation |
| Aboriginal and Torres Strait Islander - At risk or have mild, moderate, or severe |
| Suicide prevention after-care - Post-suicide attempt |

Referral templates:

<https://www.ourphn.org.au/referral-templates/>

Refer by Medical Objects or via fax: 1300 787 494

Intake line phone number:
1300 747 724

Sunshine Coast Hospital and Health Service | Mental Health Services

To request assessment for:

- Case-managed patients known to the mental health service, phone:
 - Continuing Care Team North (07) 5450 4700

- Continuing Care Team South (07) 5202 9500
- New patients, phone the Mental Health Service Intake: 1300 642 255(1300MHCALL).
For service information contact the Primary care liaison officer via phone: (07) 5202 9500.

Sunshine Coast Hospital and Health Service | Child and Youth Mental Health

Contact during office hours (Monday to Friday, 8.30 am – 4.00 pm) to arrange acute mental health assessment:

- Phone: (07) 5202 9500
- Fax: (07) 5202 9501

Sunshine Coast Older Persons Mental Health Team (OPMHT)

- Phone: (07) 5450 4700
- Fax: (07) 5319 4888
- Mental Health Intake Officer: (07) 5202 9500, Monday- Friday 8.00 am to 4.30 pm
- Nambour General Hospital Geriatrician: (07) 5479 9832
- Sunshine Coast University Hospital Geriatrician: (07) 5202 2222

Sunshine Coast Hospital and Health Service | Cultural Healing Program (Aboriginal and Torres Strait Islander)

For service enquiries phone:

- 0414 671 534
- 0419 028 308
- 1300 642 255 – after hours (1300MH CALL)

Headspace – Maroochydore and Gympie

For self-referrals or enquiries phone:

- Maroochydore – (07) 5409 4900
- Gympie – (07) 5482 1075

Completed [referral form](#) fax to:

- Maroochydore – (07) 5443 4613
- Gympie – (07) 5841 1053

Perinatal and Infant Mental Health – Together in Mind

For mothers with moderate to severe mental health issues and their non-ambulatory infants aged ≤ 12 months. For service enquiries contact Rebecca O'Regan (Clinical nurse consultant) via:

- Phone: 0466 794 892

Sunshine Coast Hospital and Health Service | Alcohol and Other Drug Team (AODT)

For service enquiries

- Phone (07) 5319 4899
- Fax referral to (07) 5319 4883.

Gympie Community Integrated Mental Health Service

- Phone a mental health intake officer (07) 5489 8777 Monday to Friday, 8.00 am to 4.30 pm
- After hours, leave a message if non-urgent or divert call to 1300MHCALL.

Specialist Alcohol and Other Drug (AOD) Nurse Practitioner in the Gympie area.

For service enquiries

- Phone (07) 5319 4899 Monday to Friday, 8.30 am to 4.30 pm
- Fax referrals to (07) 5319 4883

Sunshine Coast Hospital and Health Service | Eating Disorders Service

For service enquiries phone (07) 5202-9500. Send a written request to a [named specialist](#), preferably using the [referral form](#), and fax to (07) 52029501

Other Mental Health services

Alcohol and Drug Information Service (ADIS)

Free 24 hour, 7 days a week, telephone counselling, information, and referral service. For service enquiries, phone 1800 177 833

StandBy

Coordinated community *suicide postvention* program available 24 hours, 7 days. Phone 0418 656 764

Eating Disorders Queensland

Information, referral, free counselling, therapeutic groups and peer support for people with eating issues. Contact the service via: Phone (07) 38 446 055/ Fax (07) 38 446 466

Start Talking – perinatal telepsychology

Psychological telehealth support for patients with either a diagnosed or at risk of developing, a *perinatal* mood or anxiety disorder and are pregnant or have an infant < 12 months. Phone 1300 851 758.

GP clinical advice lines

- **GP Psychiatry Support Line:** free access to Psychiatrists to provide clinical support to GPs in managing mental health patients. Phone: 1800 16 17 18
- **Alcohol and Drugs Clinical Advise Service (ADCAS):** specialist telephone support services for health professionals to provide advice on management of patients with alcohol and other drugs concerns. Phone 1800 290 928
- **Veteran Mental Health GP assistance hotline:** GPs can access free expert advice on Veteran mental health issues. Phone: 1800VET777 (1800 838 777)
- **Health Professionals Disability Advisory Service:** provides specialised advise to those involved in the care of people with disability (until 17 November, 2020). Phone: 1800 131 330

Health Professionals support lines

- **Queensland Doctors' Health Advisory Service:** free and confidential advice 24/7 to medical practitioners and medical students. This support advice includes: matters relating to stress, mental health, personal and financial crises needs. Phone: 07 3833 4352
- **RACGP Support Program:** free, confidential specialist advice to help cope with professional and personal stressors impacting areas such as, mental health and wellbeing, work performance and personal relationships. Phone: 1300 361 008
- **ACRRM's Employee Assistance Program:** free for members experiencing workplace, training, exam, or other stresses or issues impacting your personal wellbeing. Provides immediate, confidential phone counselling support 24/7 in Australia and overseas. Phone 1800 818 728.
- **Nurse & Midwifery Support:** free and confidential support 24/7. Counsellors are available to discuss any health-related issues and provide advice and referral for nurses, midwives, nursing students, employers, educators, concerned others and the public. Phone: 1800 667 877
- **CRANaplus Bush Support Services:** free and confidential 24/7 telephone and online counselling service for rural and remote health practitioners and their families. Phone: 1800 805 391