

USEFUL PHONE NUMBERS

Emergency: **000**

Rural & Remote Mental Health Service: **13 14 65**

Mental Health Triage Service: **13 14 65**

CAMHS: **8391 3992**

Lifeline: **13 11 14** (*toll free*)

Beyond Blue Info Line: **1300 22 4636**

Domestic Violence Crisis Service: **1300 782 200**

Kids Helpline: **1800 55 1800**

Youth Helpline: **1300 131 719**

Legal Helpline: **1300 366 424**

Breakeven Gambling Line: **1800 060 757**

Mensline Australia: **1300 789 978**

National Online Support for Victims of Violence and Abuse: (24 Hour Service): **1800 737 7328**

National sexual assault, domestic & family violence counselling service: **1800RESPECT**

Crisis Care (Referral & Emergency Support): **131 611**

Hello Sunday Morning **daybreakapp.io** (reduce your alcohol consumption) ph 8406 7715 for the code to

CONSULTING LOCATIONS

MOUNT BARKER

Summit Health Centre

STIRLING

Stirling District Hospital

GUMERACHA

Gumeracha Medical Practice

STRATHALBYN

VICTOR HARBOR

GOOLWA

KINGSCOTE

For more information please contact:

Ph: (08) 8406 7715

Fax: (08) 8406 7760



www.summithealth.org.au

*Adelaide Hills Division of General Practice
trading as Summit Health™*



SUMMIT
HEALTH

**Mental Health
and
Wellbeing Service
(for all ages)**



Summit Health gratefully acknowledges the financial and other support from Country SA PHN and the Australian Government Department of Health.

phn
COUNTRY SA
An Australian Government Initiative

About Our MENTAL HEALTH SERVICES

Summit Health runs a number of programs providing access to effective, 'no cost' treatment for people with mental health issues who may not otherwise be able to access services. We see people with a mental health diagnosis and also those experiencing depression, anxiety, grief, loss, relationship breakdown or difficulties and other situational mental health issues.

Services are offered in the Adelaide Hills, Fleurieu and Kangaroo Island.

Children, young people and adults are eligible to access 6 counselling sessions plus a further 6, if clinically indicated, in a 12 month period.

These services are fully funded and provided at **no cost**. Clients must be on a low income and/or must not be able to afford or access a Private Practitioner.

We are not able to provide reports for court/legal or WorkCover purposes.

GETTING SUPPORT

Referral Process

People can access the service **by visiting their GP for a referral**.

A Mental Health Treatment Plan (item 2715/2717) is required to be completed by the referring General Practitioner.

Who is NOT eligible

This service is **not designed for people in acute crisis or at risk of suicide** (in this case, emergency procedures need to be implemented including contacting Rural & Remote Mental Health on 131465).

This service is also not suitable for people who are being case managed by State Government mental health services eg CMH or CAMHS or who are receiving mental health services from another provider eg Private Practitioner

OUR MENTAL HEALTH CLINICIANS

Summit Health employs a variety of Clinicians.

Clinicians currently providing services include:

- Mental Health Social Workers
- Mental Health Nurses
- Psychologists

Summit Health Clinicians have extensive counselling experience working with clients with various mental health concerns. They are trained in a variety of therapeutic interventions/approaches (including Cognitive Behavioural Therapy (CBT), Relaxation Strategies, Narrative Therapy, Motivational Interviewing, and Interpersonal Therapy).

- Services operate from 9am-5pm Monday to Friday (excluding public holidays)
- Saturday afternoons also available for 15yrs and over
- Counselling sessions are typically approx. 45 minutes in duration

