

## USEFUL PHONE NUMBERS

Emergency: **000**

Rural & Remote Mental Health Service: 13 14 65

Mental Health Triage Service: 13 14 65

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

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

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

Legal Helpline: **1300 366 424**

Breakeven Gambling Line: **1800 060 757**

Mensline Australia: **1300 789 978**

*(local call cost, excluding mobiles)*

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**

## CONSULTING LOCATION

### MOUNT BARKER

Summit Health Centre

### GUMERACHA

Gumeracha Medical Practice

### STRATHALBYN

For more information please contact:

**Ph: (08) 8406 7715**

**Fax: (08) 8406 7760**

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



**SUMMIT**  
HEALTH

**Clinical Care &  
Coordination  
(Triple C program)**

For people with  
severe and complex  
mental health illness

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 the Clinical Care & Coordination Program (Triple C)

The Triple C Program aims to better integrate care between acute and primary mental health care and provide referral pathways for GPs to better support their patients living in the Adelaide Hills and Fleurieu locality.

Credentialed Mental Health Nurses provide clinical intervention and coordinated care for people with severe and complex mental health disorders.

The Credentialed Mental Health Nurses work in collaboration with Psychiatrists and General Practitioners to provide services such as monitoring your mental health and well being, helping you with medication management, improving links with other health professionals, clinical service providers and social supports.

You must live in the geographical boundary of Summit Health, and service is offered in Mt Barker, Gumeracha and Strathalbyn.

The services within this program are provided at **no cost** and can be accessed for up to 1 year consecutively.

## GETTING SUPPORT

### Referral Process

People can access the service **by visiting their GP for a referral**. Clients must suffer significant disablement from their mental health disorder.

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 Services 131465. This service is also not suitable for people who are being case managed by state government mental health services and people who are seeking sole provision of broader social support services, that are the responsibility of the disability non health sector.

## OUR MENTAL HEALTH CLINICIANS

The Credentialed Mental Health Nurses (CMHN) providing this service have extensive counselling experience working with clients with various mental health concerns.

The CMHNS are trained in a variety of therapeutic interventions and approaches, such as Cognitive Behavioural Therapy (CBT), Acceptance and Commitment Therapy (ACT), Relaxation Strategies, Narrative Therapy and Interpersonal Therapy.

- Services operate from 9-5pm Monday to Friday (excluding public holidays)
- Counselling sessions are typically approx. 50 minutes in duration

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

