

## 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**

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 access this app for free

## CONSULTING LOCATIONS

### MOUNT BARKER

Summit Health Centre

For more information please contact:

**Ph: (08) 8406 7715**

**Fax: (08) 8406 7760**

**[www.summithealth.org.au](http://www.summithealth.org.au)**



**SUMMIT**  
HEALTH

## Low Intensity Cognitive Behaviour Therapy (LiCBT)



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 LiCBT Program

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.

Young people and adults are eligible to access 6, 30 minute sessions (either face-to-face or by telephone) after an initial assessment consultation.

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.

Services operate from 9am-5pm Monday to Friday (excluding public holidays)

LiCBT is offered in Mount Barker at the Summit Health Centre.

*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 CLINICIAN

Therapy is delivered by a therapist who is specifically trained in LiCBT, to provide cognitive behaviour therapy to people experiencing moderate depression or anxiety.

LiCBT is an evidence based psychological treatment, aimed at using the minimum level of intervention necessary to create the maximum gain for participants.

The LiCBT therapist acts as a coach or guide, helping participants work through specifically developed work books, which communicate key cognitive behaviour therapy principles and approaches in accessible, bite-sized chunks.

