

## 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 LOCATIONS

### MOUNT BARKER

Summit Health Centre

### VICTOR HARBOR

### KINGSCOTE

For more information please contact:

**Ph: (08) 8406 7715**

**Fax: (08) 8406 7760**



**SUMMIT**  
HEALTH

**Mental Health &  
Counselling Services**

**Mental Health Shared  
Care with General  
Practitioners program:**

**Intensive Short Term  
Mental Health  
Support**

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

**phn**  
COUNTRY SA  
An Australian Government Initiative

## About the Mental Health Shared Care Program (MHSC)

The MHSC aims to assist individuals with complex and chronic mental health issues by supporting them to increase their capacity to manage their physical and mental health and avoid hospital admissions. A key element of the service is the facilitation on integration between the services involved in a person's care including their GP.

Services within this program are provided at no cost and clients must be on a low income and/or must be unable to afford or access a Private Practitioner. Clients can be seen for approximately 3 months.

Clients must have a diagnosis of a complex and chronic Mental Health disorder including schizophrenia and other psychotic disorders, severe anxiety and depression and/ personality disorders, or be at risk of developing one of these diagnoses. You must also be over 18 years of age.

*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 or who are receiving mental health services from another provider.

## OUR MENTAL HEALTH CLINICIANS

Summit Health employs a variety of Clinicians with varying backgrounds and qualifications.

Clinicians currently providing services include:

- Mental Health Social Workers
- Mental Health Nurses

Summit Health's 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, Motivational Interviewing, Narrative Therapy & Interpersonal Therapy).

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

