

SWSPHN Mental Health General Practitioner Referral Form

Enquiries: 1300 797 746 (1300 SWSPHN) **Referrals:** Secure fax line 02 4623 1796 or via secure messaging Healthlink (EDI: swsphnmh)

All SWSPHN Mental Health programs are **free**, and available in the LGAs of Bankstown, Fairfield, Liverpool, Campbelltown, Camden, Wollondilly and Wingecarribee.

For more information on services see the SWSPHN Mental Health and AOD brochure: swsphn.com.au/primary-care-resources/mental-health-resources/

If the patient is in urgent need of support to help keep them safe, ask them to go nearest Emergency Department (ED) or call Emergency Services if they can't get to an ED themselves.
Alternatively contact the NSW Mental Health Access Line on 1800 011 511.

Referrals should be sent directly to our Intake Team and not handed to patient. The allocated Clinician will call the patient to discuss an appointment once the referral has been received and processed.

General Practitioner Details			
Referrals cannot be accepted without the patients signed consent on the last page			
Date:	GP Name:		Practice Name:
GP Phone:	GP Fax:	GP Email:	Practice Suburb:
Patient Details			
Title:	First Name:	Last Name:	DOB:
Address:	Suburb:	Postcode:	Gender:
Contact: Phone: Mobile: Email:	Language spoken at home: Interpreter required?	Proficiency in Spoken English:	Indigenous Status:

Country of Birth:	Identifies as Culturally and Linguistically Diverse (CALD):	Is there a current NDIS Package?
Reason for Referral including any past or relevant mental health history. Please note the primary presenting concern must be mental health related.		
Emergency Contact		
Name:	Relationship:	Phone:

Pre-Treatment Outcome Tools

Complete A) or B) to determine Level of Need/Care

A)	Tool	Scoring for Level of Need	Score **
<input type="checkbox"/>	Kessler 10+ (people over 12 years) K10-Word-pdf.pdf (swsphn.com.au)	Scores will range from 10 to 50: <ul style="list-style-type: none"> • scores under 20 are likely to be well and low needs • scores 20-24 are likely to have a mild mental disorder • scores 25-29 are likely to have a moderate mental disorder • scores 30 and over are likely to have a severe and high need mental disorder 	<K10+ measure>
<input type="checkbox"/>	Kessler 5 (Aboriginal & Torres Strait Islanders) K5-Word-pdf.pdf (swsphn.com.au)	Scores will range from 5 to 25: <ul style="list-style-type: none"> • scores 5-11 are likely to be low to moderate • scores 12-25 are likely to be high and very high 	<K5measure>
<input type="checkbox"/>	Paediatric Symptom Check (under 12 years)	Scores greater than or equal to 15 suggest a need for an assessment by a mental health professional	<Paediatric Symptom Check measure>

[Paediatric-Symptom-Checklist-Word-pdf.pdf \(swsphn.com.au\)](https://www.swsphn.com.au/Paediatric-Symptom-Checklist-Word-pdf.pdf)

OR

B) I have completed the **Initial Assessment and Referral Decision Support (IAR – DST)** via jar-dst.online/#/ (you must open external link) and generated the IAR-DST report and will attach it to this referral. The **Recommended Level of Care** (tick one) is: Level 1: Self-Management Level 2: Low Intensity Service Level 3: Moderate Intensity Services Level 4: High Intensity Services Level 5: Acute and Specialist Community Mental Health Services.

SWSPHN Mental Health Services

Please tick the required service and level required.

SWSPHN will endeavour to allocate the patient to the preferred service selected below, however by submitting this referral, you understand that on some occasions, due to a range of reasons such as wait times, SWSPHN may allocate the referral to other suitable services that best fits the patients' needs

Age	Level Of Need	<u>Preferred Service Details</u>	Program Summary
Children 3-12 years	Mild to Moderate Needs Paediatric Symptom Score ≥ 15	<input type="checkbox"/> STAR4Kids (3-12 years) <i>Documentation (Doc) required (re): Child Mental Health Treatment Plan (CMHTP)</i>	Psychological therapies for children who have, or are at risk of developing, a mild to moderate mental health illness. Exclusion criteria: This service is not for the treatment of behavioural or neurodevelopmental disorders as the <u>primary reason</u> for referral, such as ODD, ADD, ADHD or ASD.
Young People 12 – 25 years	Mild to Moderate Needs K10+ Or Level 2 or 3 IAR- DST	<input type="checkbox"/> headspace (12-25 years) <i>Doc re: Nil</i> No referral required, phone or visit service directly: Bankstown: (02) 9393 9669 or website Campbelltown: (02) 4627 9089 or website Liverpool: (02) 8107 6100 or website	Support for young people aged 12-25 for their mental health, physical and sexual health, alcohol and other drugs, and vocational and educational challenges.
	Mild to Moderate Needs K10+ or Level 2 or 3 IAR-DST	<input type="checkbox"/> ReFrame (12-25 years) <i>Doc re: Mental Health Treatment Plan (MHTP)</i> Wollondilly and Wingecarribee LGAs only	Mental health support for young people aged 12-25 living in Wollondilly and Wingecarribee. Services are delivered by youth engagement workers and mental health professionals experienced in working with young people.
Adult Low	Low to Mild Needs K10+ or Level 2 IAR-DST	<input type="checkbox"/> NewAccess Program (12 years +) <i>Doc re: Nil</i> No referral required, phone directly: One Door Mental Health (Campbelltown, Camden, Liverpool, Fairfield & Bankstown) (02) 9199 6143 or email newaccess@onedoor.org.au	Mental health coaching to support anyone feeling stressed or overwhelmed with day-to-day life issues. Services are available in-person and via phone or video call.

		Community Links Wellbeing (Wollondilly and Wingecarribee) 0455 104 104 or email mhintake@communitylinks.org.au	
Adult Moderate To High	Moderate to High Needs K10+ or Level 3 or 4 IAR-DST	Head to Health (no age limit) <i>Doc re: Nil</i> No referral or appointment required, Patient can phone 1800 595 212 directly, weekdays, 8.30am - 5pm (excluding weekends). Walk In's available 1pm-9.30pm Wednesday to Monday, and 1pm-5pm Tuesday. Closed public holidays, 203 Northumberland Street, Liverpool 2170.	Head to Health offers a safe and welcoming place for people to access mental health information, services and supports from multidisciplinary care teams over extended hours. Anyone can reach out for support for themselves or a loved one. It is free and no appointment or referral is needed.
	Moderate to High Needs K10+ Or Level 3 or 4 IAR-DST	<input type="checkbox"/> You in Mind Program (12 years +) <i>Doc re: MHTP</i> Eligible groups include (please tick <u>one</u> option): <input type="checkbox"/> Aboriginal and Torres Strait Islander <input type="checkbox"/> Culturally and Linguistically Diverse <input type="checkbox"/> Disadvantaged areas of Airds, Claymore and 2168 postcode <input type="checkbox"/> Residents of Wollondilly and Wingecarribee LGAs <input type="checkbox"/> Prenatal and postnatal depression <input type="checkbox"/> Older persons mental health (65+) <input type="checkbox"/> LGBTIQ+ <input type="checkbox"/> Experiencing severe or high mental health needs	Psychological therapy and Peer Support for people from vulnerable population groups with a mental illness, with moderate to high level of need, who experience barriers to accessing services through the Medicare Better Access Initiative. <i>Exclusion criteria: People that don't have barriers to accessing services through the Medicare Better Access Initiative or are one of the eligible groups.</i>
	Moderate to High Needs K10+ Or Level 3 or 4 IAR-DST	<input type="checkbox"/> Eating Disorders Treatment (no age limit) <i>Doc re: Nil</i>	Primary Care Eating Disorder Supports Program that provides holistic support to individuals with food related anxiety or an eating disorder in the South Western Sydney area.
	Moderate to High Needs K10+ Or Level 4 IAR-DST	<input type="checkbox"/> Credentialed Mental Health Nurse Service (12 years+) <i>Doc re: MHTP, general risk assessments and hospital discharge summaries.</i>	Mental health support and coordination of clinical services for people living with a severe and complex mental illness, that has a significant impact on their day-to-day functioning.

	Moderate to High Needs K10+ Or Level 4 IAR-DST	<input type="checkbox"/> Consultant Psychiatry Service (12 years +) <i>Doc re: MHTP, psychiatric and health summary, medication summary and past hospital discharge summaries.</i> Eligible groups include (please tick at least one option): <ul style="list-style-type: none"> <input type="checkbox"/> Health care card holder (CRN may be requested) <input type="checkbox"/> Homeless or at risk of homelessness <input type="checkbox"/> Significant financial hardship <input type="checkbox"/> Geographical isolation <input type="checkbox"/> Culturally and linguistically diverse, asylum seekers/refugees <input type="checkbox"/> Aboriginal and Torres Strait Islander <input type="checkbox"/> Recipients of a disability pension or other income support payments (CRN may be requested) Preferred method of delivery: <ul style="list-style-type: none"> <input type="checkbox"/> Telehealth (any practice, SWS wide) <input type="checkbox"/> Face to face (at select practices only. Allocation to nearest Hub) 	<p>Initial assessment and brief intervention for people experiencing a severe and persistent mental illness with barriers to accessing a psychiatrist (e.g., financial hardship). It also provides advice, opinion, and capacity building to GPs to better support the person's care. This is a consultancy service, that does not provide ongoing Psychiatry services.</p> <p>Exclusion criteria: Accessing the service primarily for Court Reports, NDIS, or DSP assessments, RTA forms or Workers Compensation. Not for treatment of behavioural or neurodevelopmental disorders as the <u>primary reason</u> for referral, such as ADD, ADHD or ASD.</p>
Adult Suicide Prevention	Moderate to High Needs K10+ Or Level 4 IAR-DST	<input type="checkbox"/> Clinical Suicide Prevention Service (18 years +) <i>Doc re: MHTP plus CSPS Risk Assessment Form here: SWSPHN-Clinical-Suicide-Risk-Assessment-Word-pdf.pdf</i>	<p>Priority access to psychological therapy for people who have attempted suicide or have ideation of low to medium risk.</p> <p>Exclusion Criteria: High risk of suicide.</p>
	Moderate to High Needs K10+ Or Level 4 IAR-DST	<input type="checkbox"/> Lifeline Crisis Support Suicide Aftercare Program (18 years +) <i>Doc re: Nil</i>	<p>Short term telephone crisis supports for people who have attempted suicide. Lifeline Crisis Supporters provide outgoing phone calls to monitor a person's wellbeing and help keep the person connected.</p> <p>Exclusion Criteria: High risk of suicide.</p>
Aboriginal and Torres Strait Islander	Low to High Needs K5 or	<input type="checkbox"/> Tharawal Social and Emotional Wellbeing (All ages) Refer directly by phone: (02) 4624 9430 or online form REFERRALS REGISTER (tacams.com.au)	<p>Culturally safe, clinical, and non-clinical mental health and alcohol and other drug services for Aboriginal and Torres Strait Islander people with, or at risk of mental health and substance use problems.</p>

people All ages	Level 3,4 or 5 IAR-DST	Location: Campbelltown with outreach other LGAs <i>Doc re: Nil</i>	Exclusion Criteria: Does not identify as Aboriginal and Torres Strait Islander people
	Low to High Needs K5 or Level 3,4 or 5 IAR-DST	<input type="checkbox"/> Gandangara Social Emotional Wellbeing service Refer directly by directly calling (02) 9601 0700 Or www.gandangara.org.au/gandangara-health-services Location: Liverpool with outreach other LGAs <i>Doc re: Nil</i>	Alcohol and other drug and mental health counselling, groups and support, including Culture as Healing, and Cultural Immersion on Country with Elders in Residence. Exclusion Criteria: Does not identify as Aboriginal and Torres Strait Islander people
Non-clinical Psychosocial Support Adult	Moderate to High Needs K10+ Or Level 3 or 4 IAR-DST	<input type="checkbox"/> Connector Hub (18 years +) <i>Doc re: Nil</i>	Provides social activities, group sessions, individual support at times of increased need, assistance in applying for the NDIS and support to find appropriate health professionals and other services. Exclusion criteria: Has a current NDIS package for mental health.

(GP) have (please tick when completed):

- 1.** Assessed the patient's mental health needs and completed the relevant **Pre-Treatment Outcome Measure**
- 2.** Selected the **SWSPHN Mental Health Service** that best fits the current mental health needs of my patient.
- 3.** Prepared a **new Child Mental Health Treatment Plan (CMHTP)** or **standard Mental Health Treatment Plan (MHTP)**, or have completed a review of the patients existing CMHTP or MHTP and attached this to the referral.
- 4.** Gained **consent** for this referral from the patient or Guardian and signed the consent section below.

Consent

I, <Patient, Parent, or Guardian Name>, (patient, parent or guardian) consent to this referral and I agree to information about my mental health being recorded in my medical file and shared between my GP, service provider organisation, mental health professional and South Western Sydney Primary Health Network (SWSPHN Mental Health Central Intake) to assist in the management of my mental health care.

I, the patient, parent or guardian consent to personal information being provided by SWSPHN to the Department of Health and Aged Care (DoHAC) to be used for statistical and evaluation purposes designed to improve mental health services in Australia. I understand that this will include details about me such as date of birth and gender, but will not include my name, address, or Medicare number. I understand that my personal information will not be provided to the DoHAC if I do not give my consent. *

I also understand that my consent is not required for DoHAC to include data about my use of services, combined with information about other clients, in summary reports about the activities funded by SWSPHN because these do not require personal information.

*For more information on how the DoHAC uses your data please refer to the consumer FAQ: [Protecting your privacy - mental health services FAQs](#).

OR **I do not consent** to sharing of information with the Department of Health and Aging

In the case of telehealth appointments GP's can confirm that verbal consent has been given by signing the below and noting verbal consent.

_____	_____	_____
Signature (patient or guardian)	Name (Patient or Guardian)	Date

I (GP) have undertaken an assessment and prepared a Mental Health Treatment Plan / Child Treatment Plan for my patient. I have discussed the proposed referral with my patient and am satisfied that the patient understands the proposed uses and disclosures and has provided their informed consent to these.

_____	_____	_____
Signature (GP)	GP Name	Date

Once referral has been forwarded to SWSPHN Central Intake it will be processed and forwarded to the relevant service provider with 3 business days.

SWSPHN Central Intake do not manage appointments. Please inform your patient that the service provider will contact them directly to make an appointment.

Our Mental Health Intake Officers are happy to answer your questions regarding referral and treatment planning on 1300 797 746 (1300 SWS PHN).

For more detailed information on mental health services being commissioned by SWSPHN please visit: [Mental health | South Western Sydney PHN \(swsphn.com.au\)](https://www.swsphn.com.au)

**** Addendum for suggested programs for IAR-DST Level 1 and Level 5 or Well or Very High Needs on K10+**

External Programs for IAR-DST Level 1 (Self-Management) and Level 5 (Acute and Specialist Community Care) or Well or Very High Needs on K10+		
Level of Need	Service Details	Program Summary
Well to low Needs on K10+ Or Level 1 IAR-DST	<input type="checkbox"/> Self-management can include the use of E-Mental health online support including: <ul style="list-style-type: none"> • Beacon (https://beacon.anu.edu.au/) • eMHPrac (https://www.emhprac.org.au/) • Head to Health (https://www.headtohealth.gov.au/) 	Various online applications for mental health support and treatment.
Very High Needs K10+ (25 – 30) Or Level 5 IAR-DST	<input type="checkbox"/> NSW Mental Health Access Line on 1800 011 511. Note: If the patient is in urgent need of support to help keep them safe , ask them to go nearest Emergency Department (ED) or call Emergency Services if they can't get to an ED themselves.	NSW Health's 24/7 statewide phone service which links people with NSW Health mental health services. It is staffed by trained mental health professionals who: offer mental health advice, complete a brief assessment make recommendations for appropriate care, including referral to NSW Health mental health services.
	<input type="checkbox"/> Safe Haven A Safe Haven is a place you can go if you're feeling distressed or having suicidal thoughts. It is a safe place where you can talk openly about how you are feeling and what you're going through. You can talk to peer-support workers or be connected to a mental health professional. It's free and you don't need an appointment. SWSLHD Mental Health Services - Leadership Team (nsw.gov.au)	Safe Haven Campbelltown 80 Woodhouse Drive, Ambarvale, NSW 2560 Opening hours: Friday 12pm - 7:30pm, Saturday 12pm - 7:30pm, Sunday 12pm - 7:30pm, Monday 12pm - 7:30pm 0457 093 109 Safe Haven Liverpool Tennis Court House, Moore Street Liverpool (opposite Bus Terminal) Opening hours: Friday 12pm - 7:30pm, Saturday 12pm - 7:30pm, Sunday 12pm - 7:30pm, Monday 12pm - 7:30pm 0499 825 974