

## **Social and Emotional Mental Health Aboriginal and Torres Strait Islander Program Information**

The HealthWISE Social and Emotional Mental Health Support for Aboriginal and Torres Strait Islander People Program for individuals requiring primary mental health care who are unable to access Medicare subsidised mental health services.

The program offers confidential one-on-one psychological therapies for Aboriginal and Torres Strait Islander people who would benefit from short-term interventions for mild to moderate mental health disorders impacting on their Social and Emotional Wellbeing in day to day life. The program is offered in Ipswich, Scenic Rim, Somerset, South Burnett, Lockyer Valley and Cherbourg Regions.

### **How is the program accessed?**

This program is for Aboriginal or Torre Strait Islander people and can be referred by GP's with a MHTP or people can self-refer but will need a MHTP from their GP as soon as possible. If under 16 yrs. Parent/guardian consent is required.

This program is funded by the Darling Downs West Morton Primary Health network and is provided through a mix of face to face, phone and telehealth at no cost.

**FAX:** 1300 452 059 or

**Medical Objects:** HEALTHWISE, MENTAL HEALTH

**E-Referral system:** refeRHEALTH

**For more information call HealthWISE on:** 1800 931 540

**Email:** [mentalhealth@healthwise.org.au](mailto:mentalhealth@healthwise.org.au)

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

HealthWISE is NOT a CRISIS service. People at risk should be referred to hospital.