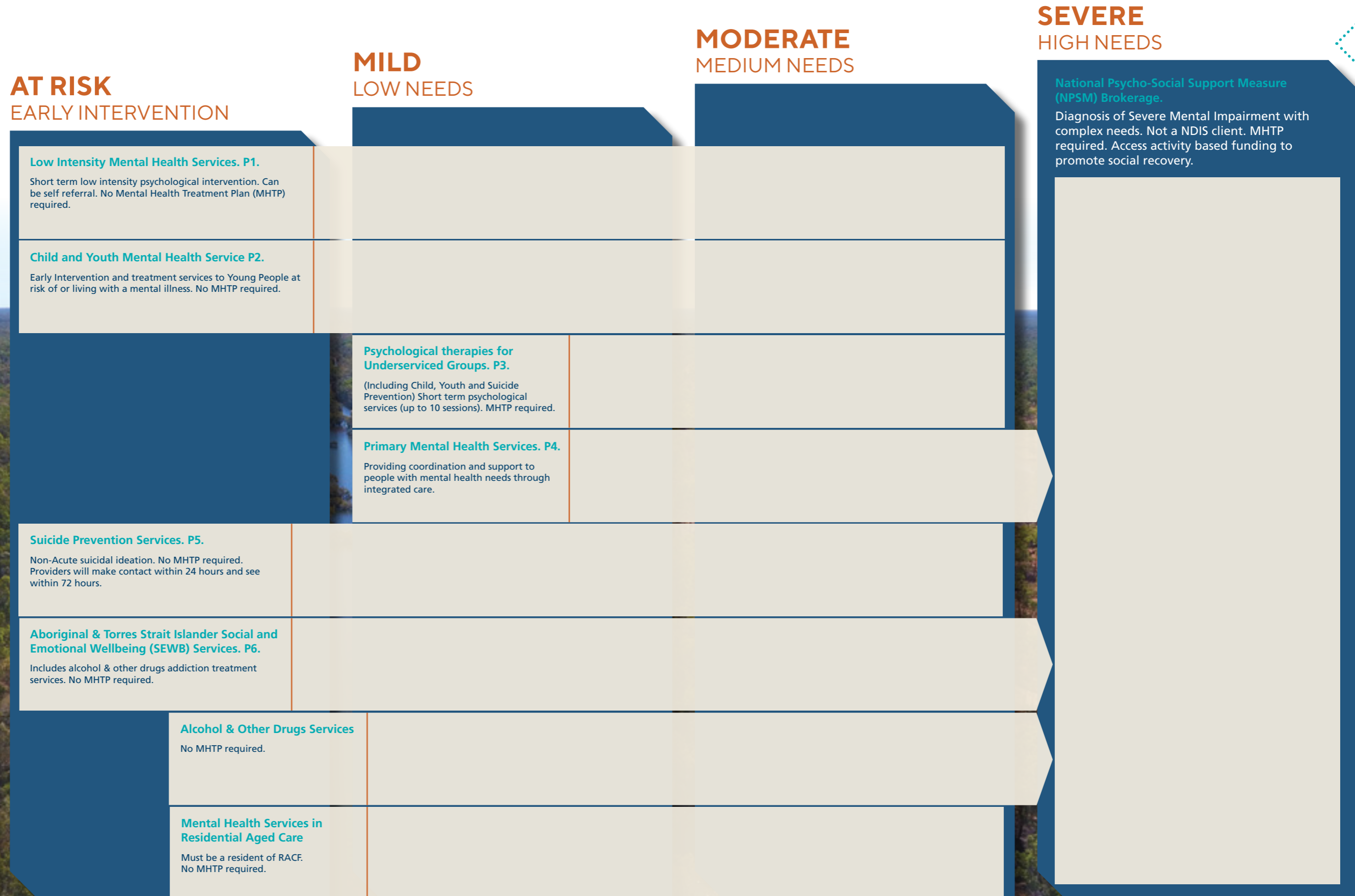


# Applying a Stepped Care Approach to Mental Health (Primary Care)

## WQPHN Commissioned Primary Mental Health Services:



- Stepped Care means matching the intensity of Mental Health services to ensure that everyone gets the right care at the right time. People can access more than one service stream at one time
- The WQPHN utilises a web based referral system called referRHEALTH which can be accessed by all GPs

**HEALTH INFORMATION**

For more detail on WQPHN commissioned Primary Mental Health Services: <https://www.wqphn.com.au/commissioning/funded-services>

**Digital Gateway**  
Provides access to evidence-based digital mental health services: [www.headtohealth.gov.au](http://www.headtohealth.gov.au)

**Access Service Providers**  
**My Community Directory:** [www.mycommunitydirectory.com.au](http://www.mycommunitydirectory.com.au)