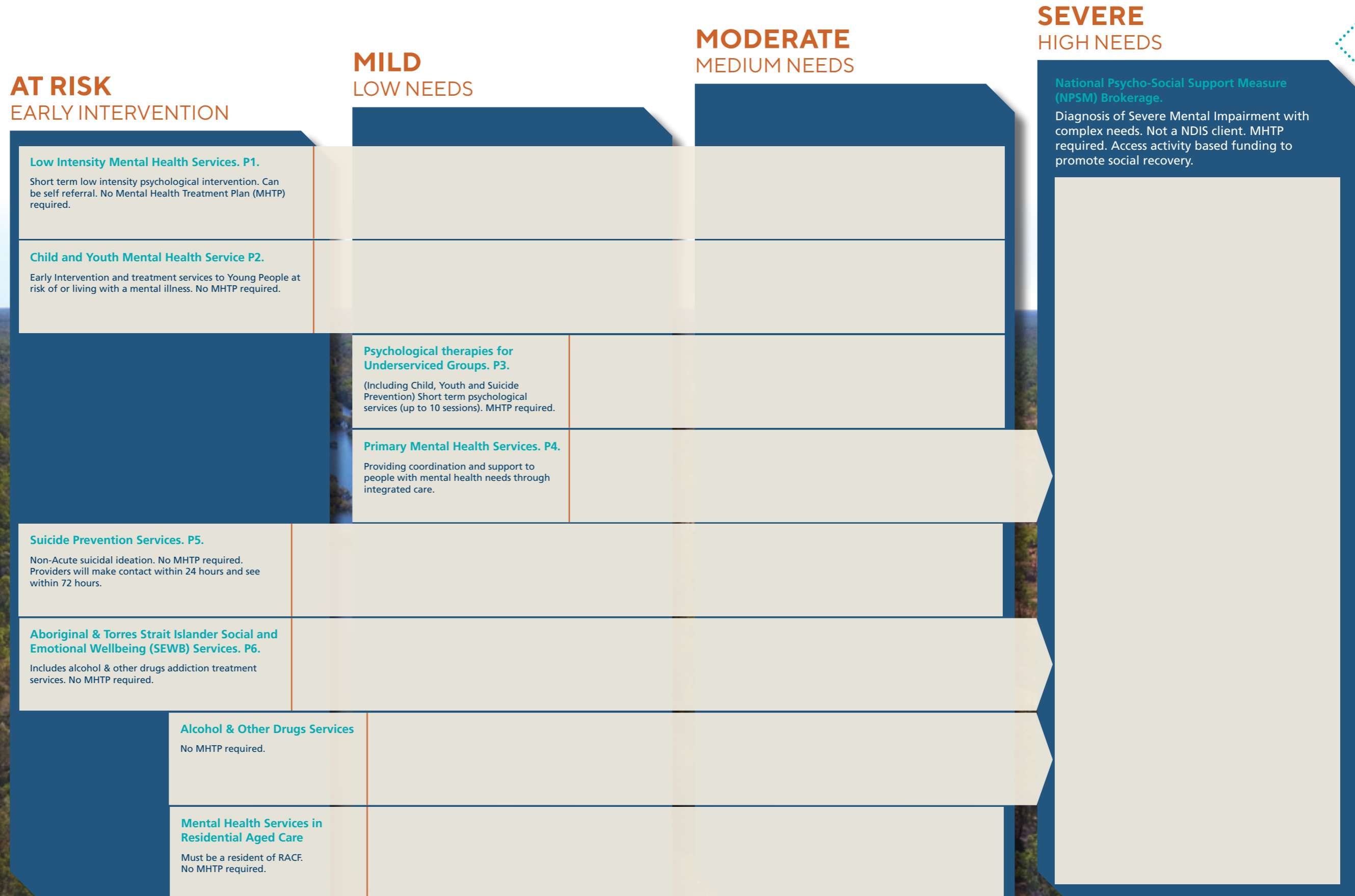


# Applying a Stepped Care Approach to Mental Health (Primary Care)

## 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 referHEALTH 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>

WQPHN Regional Mental Health & Suicide Prevention Plan including Alcohol and Other Drugs AND Social and Emotional Wellbeing (SEWB) Plan: <https://www.wqphn.com.au/resources/wqphn-publications>

#### 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)

#### Alcohol & Other Drugs Services

No MHTP required.

#### Mental Health Services in Residential Aged Care

Must be a resident of RACF. No MHTP required.