

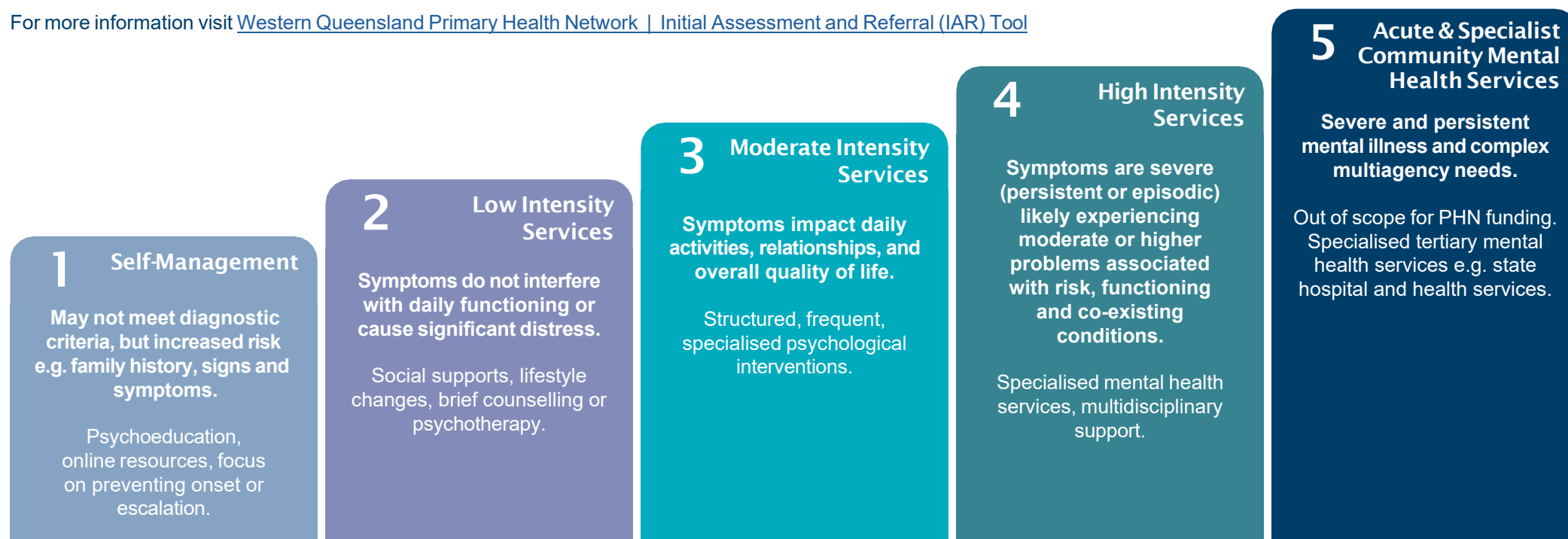
# Stepped Care Approach to Primary Mental Health Care

Cloncurry

**Stepped Care is a model of mental healthcare where service intensity is matched to an individual's treatment needs and severity of mental health issues. In a stepped care approach, a person is offered interventions and supports at an intensity that best meets their needs and preferences. When these needs and preferences change, the treatments and supports are changed accordingly.**

This document aligns with the Australian Government's [Initial Assessment and Referral Decision Support Tool](#) for health professionals to use when assessing and supporting a patient and referring the appropriate services.

For more information visit [Western Queensland Primary Health Network | Initial Assessment and Referral \(IAR\) Tool](#)



# Stepped Care Approach to Primary Mental Health Care

If you are unsure where to start, contact Medicare Mental Health on 1800 595 212 or via [medicarementalhealth.gov.au](https://medicarementalhealth.gov.au)  
All services listed below are free and welcome all referrals. A GP mental health treatment plan may be required.

## Cloncurry

### Service

Service	1 Self- Management	2 Low Intensity	3 Moderate Intensity	4 High Intensity	5 Acute Care
<b>1300 MH Call 1300 642 255</b> Confidential telephone triage service available 24/7 and connects caller to nearest public mental health service.	✗	✓	✓	✓	✓
<b>Medicare Mental Health 1800 595 212   <a href="https://medicarementalhealth.gov.au">medicarementalhealth.gov.au</a></b> Free, confidential Assessment and Referral Phone Service offering an accessible entry point to all mental health services.	✓	✓	✓	✓	✗
<b>Caitlin Gibson 07 3129 0196</b> Targeted, evidence based, short term psychological intervention. Monday/Wednesday/Friday	✗	✓	✓	✗	✗
<b>Clean Slate Clinic 02 3813 8104</b> Telehealth alcohol withdrawal and recovery service for individuals struggling with alcohol dependence.	✓	✓	✓	✓	✗
<b>Gidgee Healing 1800 443 433</b> <b>Aboriginal &amp; Torres Strait Islander Social and Emotional Wellbeing (SEWB) Services</b> (culturally and clinically integrated). Alcohol and other drug treatment, recovery and support services.	✓	✓	✓	✓	✗
<b>Headspace National 1800 650 890</b> Early intervention and treatment services for young people (12-25 years) at risk or living with mental illness. Eheadspace online and phone support available.	✓	✓	✓	✗	✗
<b>Isa Psychology 0408 643 673 - (telehealth only)</b> Targeted, evidence based, short-term psychological intervention.	✗	✓	✓	✗	✗
<b>Lives Lived Well 1300 727 957</b> Alcohol and other drug treatment, recovery and support services. <b>LIME</b> (Low Intensity Mental Health Empowerment) offers support for people aged 12 and above, with five free sessions available in person, by phone or video call.	✓	✓	✓	✓	✗
<b>North and West Remote Health (NWRH) 07 4744 7600</b> Psychological counselling service.					
<b>Wellbeing in Schools early intervention PROJECT (WiSE)</b> For young people at school who are at risk, or diagnosed with, a mild to moderate mental illness.	✓	✓	✓	✗	✗
<b>Commonwealth Psychosocial Support Program</b> – Brokerage program that purchases capacity building wrap around activities that will promote recovery, independence and social inclusion.					
<b>R Health 1800 595 212</b> <b>NewAccess Program - Teleservice</b> Mental health counselling service via telehealth. Up to six sessions of low intensity CBT.	✓	✓	✗	✗	✗
<b>Clements Medical 07 4426 2100</b> Clinical care coordination for people with severe and complex mental illness.	✗	✗	✗	✓	✗
<b>Universal Aftercare Services – Selectability Queensland 1800 133 123</b> Psychosocial response to support people following suicide attempt or suicide crisis.	✗	✗	✗	✓	✗
<b>Outback Futures</b> Offers child, family, adult, and relationship counselling through scheduled community visits and “Stay with me” phone/video support.	✗	✓	✓	✗	✗

**24 Hour Support  
Available**

Emergency Services  
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Lifeline  
13 11 14  
[www.lifeline.org.au](https://www.lifeline.org.au)

Beyond Blue  
1300 224 636

Suicide Call Back  
Service  
1300 659 467

13 YARN  
13 92 76

ADIS (Alcohol  
and Drug Support)  
1800 177 833