

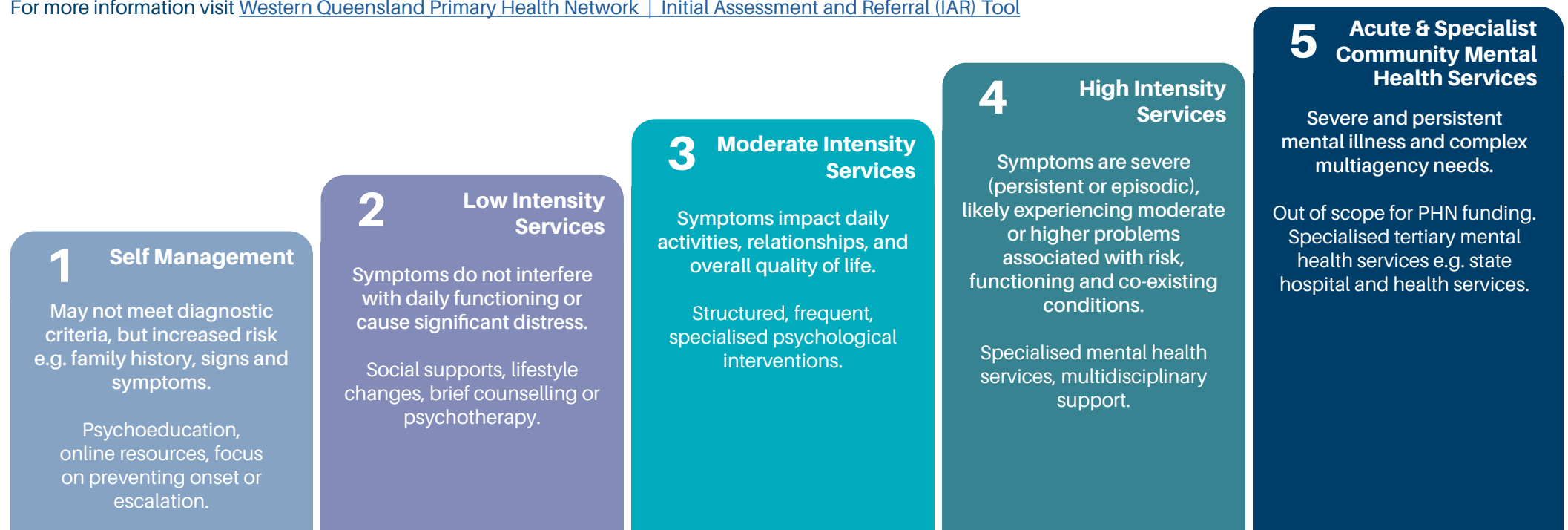
Stepped Care Approach to Primary Mental Health Care

Doomadgee

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
Or [Take a step towards better wellbeing | Medicare Mental Health Check In](#)

All services listed below are free and welcome all referrals. A GP mental health treatment plan may be required.

Doomadgee

Service

1300 MH Call 1300 642 255

Confidential telephone triage service available 24/7 and connects caller to nearest public mental health service.

Medicare Mental Health Phone Service 1800 595 212

Free, confidential Assessment and Referral Phone Service offering an accessible entry point to all mental health services.

BUSHkids 07 4743 2575 / bushkids.org.au

Allied and Mental Health providers work with families of children aged 0-17 with development issues or complex diagnosis.

North West Remote Health Drug and alcohol rehabilitation services Doomadgee 07 4742 9400

Drug and alcohol rehabilitation services based in Doomadgee.

Clean Slate Clinic 02 3813 8104

Telehealth alcohol withdrawal and recovery service for individuals struggling with alcohol dependence.

Gidgee Healing Aboriginal & Torres Strait Islander Social and Emotional Wellbeing (SEWB) Services 1800 GIDGEE

Alcohol and other drug treatment, recovery and support services.

Headspace National 1800 650 890 | Headspace Mount Isa 07 4437 1300

Early intervention and treatment services for young people (12-25 years) at risk or living with mental illness.

Headspace online and phone support available.

Isa Psychology 0408 643 673 (telehealth only)

Targeted, evidence based, short term psychological intervention.

LIME (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.

Ready To Yarn 0447 143 084

Counselling and mental health face-to-face and telehealth service in Mount Isa.

North West Remote Health 07 4742 9400

Psychological services.

Mental Health Services in Residential Aged Care - For people living in a Commonwealth funded Residential Aged Care Facility, who are not eligible for assistance under dementia-specific services.

Wellbeing in Schools Early Intervention Project (WISE)

For young people at school who are at risk, or diagnosed with, a mild to moderate mental illness.

Universal Aftercare Service Selectability Queensland 1800 133 123

Psychosocial response to support people following a suicide attempt or suicide crisis.

1 Self- Management	2 Low Intensity	3 Moderate Intensity	4 High Intensity	5 Acute Care
✗	✓	✓	✓	✓
✓	✓	✓	✓	✗
✓	✓	✓	✓	✗
✓	✓	✓	✓	✗
✓	✓	✓	✗	✗
✗	✓	✓	✗	✗
✓	✓	✗	✗	✗
✓	✓	✓	✗	✗
✗	✗	✗	✓	✗

**24 Hour
Support**

**Emergency
Services
000**

**Lifeline
13 11 14
www.lifeline.org.au**

**Beyond Blue
1300 22 46 36**

**Suicide Call
Back Service
1300 659 467**

**13YARN
13 92 76**

**ADIS (Alcohol
and Drug Support)
1800 177 833**