

# Information

## For clients

### Psychological Strategies (formerly known as ATAPS) – Better Outcomes in Mental Health Care (BOiMHC)

#### What is the BOiMHC/Psychological Strategies service?

Eastern Melbourne PHN's (EMPHN) Better Outcomes in Mental Health Care (BOiMHC)/Psychological Strategies service is a short-term service for people with mild to moderate mental health issues. The BOiMHC service offers:

- brief support (12 individual sessions);
- focused psychological strategies; and
- up to 12 group sessions in addition.

This service is provided free of charge.

#### Who is this service for?

To be eligible for referral to BOiMHC, you must meet the following criteria:

- be aged 12 or older;
- cannot afford full fee counselling or a service gap fee for MBS Better Access subsidised counselling;
- have a mental health diagnosis; and
- have not used the Medicare Benefits Schedule Better Access program in the current calendar year.

#### How to access BOiMHC/Psychological Strategies

- Book a long consultation with your GP to discuss your/your child's wellbeing concerns.
- Your GP will then develop a mental health treatment plan (MHTP) and complete EMPHN's referral form and the Kessler Psychological Distress Scale (K10). Your GP will then send these to our secure fax number.
- Once processed, EMPHN will allocate your referral to a clinician in the community who will contact you for an appointment time.

#### For more information

Contact EMPHN on 9800 1071 or visit <https://www.emphn.org.au/what-we-do/mental-health/psychological-strategies>

Suicide Help Line – 1300 651 251	Monash Health – 1300 369 012
Suicide Call Back Service – 1800 445 511	St Vincent's – 1300 558 862
Lifeline – 131 141	Northern Health – 1300 874 243
Parentline – 132 289	Austin Health – 1800 859 789
Eastern Health Triage – 1300 721 927	Kids Help Line – 1800 551 800

Eastern Melbourne PHN gratefully acknowledges the financial and other support from the Australian Government Department of Health

I consent to my/ my child's de-identified information being used by EMPHN for evaluation and reporting purposes to the Department of Health. I understand this data, which does not include my name, address or Medicare number, but will include information such as date of birth, gender and types of services I/ my child use, will be used for the purposes of improving health services in Australia. I understand that my/ my child's information will not be provided to the Department of Health if I indicate I do not consent.

[www.emphn.org.au](http://www.emphn.org.au)

**phn**  
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