

EMPHN - Mental Health Stepped Care Model

An integrated treatment service for consumers with mental health issues that considers the needs of the whole person.

A **free service** which is easy to access via:

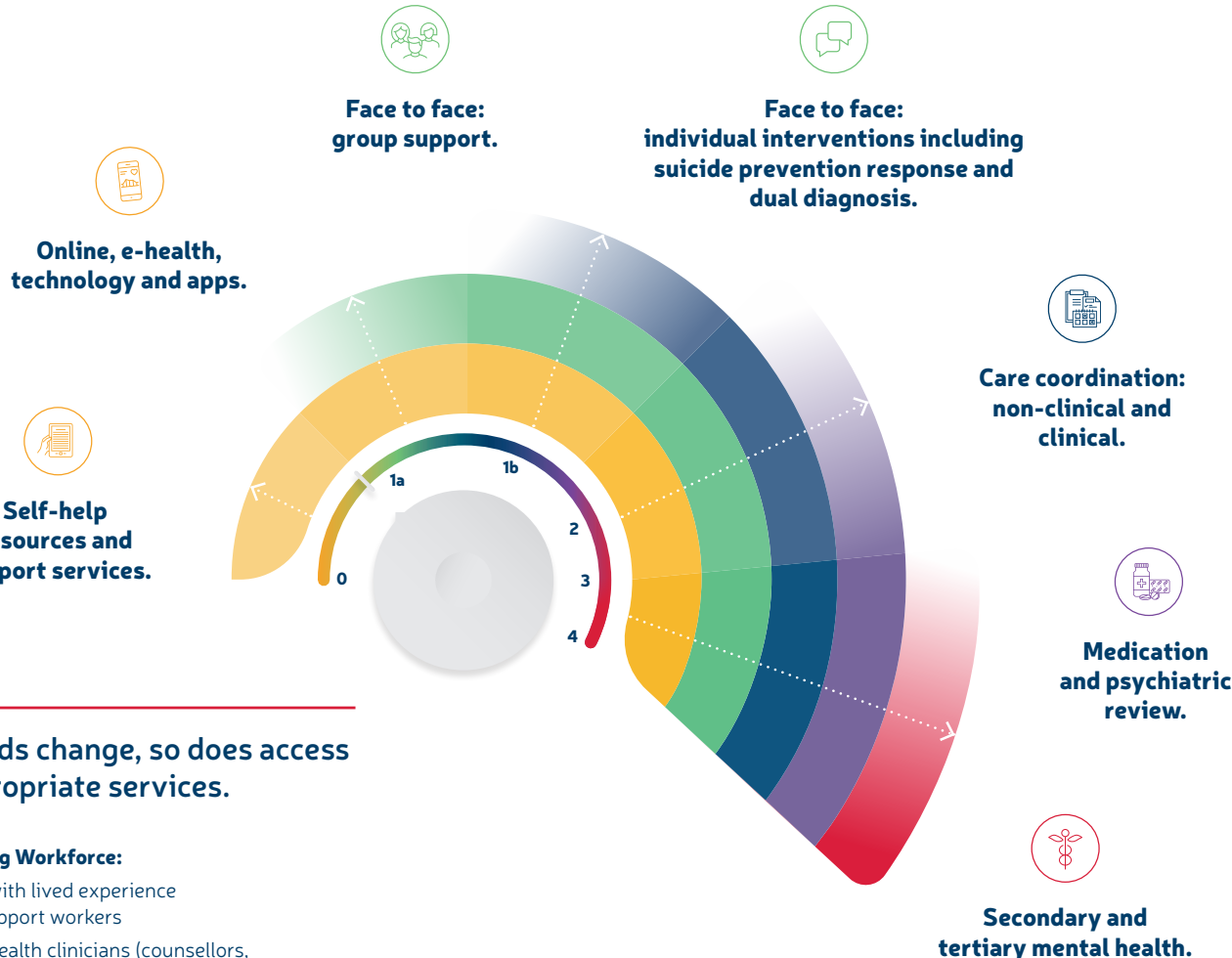
- ✓ **PHONE**
- ✓ **ONLINE**
- ✓ **IN-PERSON**
- ✓ **E-REFERRAL**

The **Clinical Staging** ensures care is tailored to address the consumer's **current needs**.

Addressing **the whole of person needs**, including housing, employment, education, physical, social and emotional health.

A **Collaborative Care Plan** keeps the consumer and their carer at the centre of care and keeps the team connected and informed.

Regular reviews ensure the Collaborative Care Plan is matched to consumers changing needs.



As needs change, so does access to appropriate services.

Supporting Workforce:

- > People with lived experience /peer support workers
- > Mental health clinicians (counsellors, psychologists, mental health nurses, social workers, occupational therapists)
- > General Practitioners
- > Practice Nurses and Psychiatrists

- 0** Non-help seeking asymptomatic people with risk factors.
- 1a** Help-seeking people with presenting symptoms that are distressing but non-specific, low to moderate intensity limited impact on functioning.
- 1b** People with attenuated signs and symptoms of severe mental disorders with moderate to severe functional impacts.
- 2** People with discrete first episode signs and symptoms and major functional impacts.
- 3** People with recurrent or persistent signs and symptoms and ongoing severe functional impacts.
- 4** People with signs and symptoms that are severe, persistent and unremitting.