

## Working with your local doctor (GP)

Your GP remains your primary health care provider during your participation in the program.

The MaP team will communicate with you and your GP to provide additional support and expert mental health advice.

## City of Boroondara

The suburbs of Boroondara are:

- Ashburton
- Balwyn
- Balwyn North (part)
- Camberwell
- Canterbury
- Deepdene
- Glen Iris (part)
- Hawthorn
- Hawthorn East
- Kew
- Kew East

## How to Make a Referral?

**Anyone** can make a referral to MaP, for themselves or a family member.

Call St George's Aged Mental Health Duty Worker, or ask your GP to refer by fax.

**Call 9231 8443**

**Fax 9231 8505**

*"I never felt like this before. I am glad you were there"*

83 year old MaP client



*This initiative is funded by the Australian Government under the PHN program.*



# MaP

Mental Health and Primary Care Partnership Program



## What is MaP?

- MaP is a new Older Adult's Mental Health Program.
- It is a collaboration between St Vincent's Hospital Melbourne (St George's campus) and the Eastern Melbourne Primary Health Network.
- MaP is part of the Government's Stepped Care initiative, to meet the needs of people who have mild to moderate symptoms, and may not have qualified for public services in the past.
- Our aim is to assist older adults to improve their mental health and wellbeing.

## Why MaP matters

- Mental health problems are common for older adults.
- 10-15% of older adults have depression or anxiety.
- Depression and anxiety are not a normal part of ageing.
- Symptoms associated with dementia can be very challenging for the person, as well as families.

## What we do:

- Mental health assessment and wellbeing assessments from a senior mental health clinician &/or psychiatrist.
- Liaise with your GP
- Design personalised care plans
- Face to face, telehealth and telephone support

There are no fees associated with our service

## Your Information and Privacy

In order to provide the best quality care it is necessary for us to collect personal information and health information. All information collected is treated as confidential. Information is only disclosed to persons who are directly involved in your care.

## Who can access the program?

People who are:

- Experiencing mild to moderate symptoms of mental illness
- Living in Boroondara
- Aged 65+
- Aged 55+ if Aboriginal and/or Torres Strait Islander heritage
- Any age if they have a diagnosis of dementia.