

Level 2 IAR-DST

Meet Mike



About Mike

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- Mike is a 27-year-old man who has called SupportConnect asking for help. Mike says he's never needed, or had mental health support in the past, is generally healthy and hasn't had any issues relating to misuse of alcohol or drugs. Mike says he moved from Brisbane to Melbourne for study just prior to COVID. He hasn't yet made any friends in Melbourne, but is regularly in touch with his friends and family in Brisbane. Recently, his dad was diagnosed with cancer and the only person he has told is Mike.

- In the last 5-6 weeks, Mike says he had noticed that he had experienced moments of **extreme anxiety**, which caused him to feel really breathless and left him **feeling overwhelmed**.
- All of this worry is impacting his work and study. He is finding it difficult to make ends meet after the cost of moving cities but is managing day-to-day expenses.

Determining support options

SupportConnect used the **IAR-DST** to assess what level of service could be helpful for Mike and rated him at **level 2**. Mike was referred to his local MHSCM providers.

Getting Mike support

- Mike was assigned a **peer support worker** who helped him to understand his options including signing up **social** and **digital supports**. He decided that he would join the local men's shed, as he'd always loved working with his hands and he also agreed to try a digital support tool provided by the Black Dog Institute called myCompass.
- The peer support worker sent their contact details in case Mike needed any further support or information, or in case his situation changed.

Mike's team

- The **peer support worker** also recommended a great local GP who he knew had an interest in men's mental health.
- SupportConnect also referred Mike on to a **psychologist**, recommending he see them for a few sessions whilst he also establishes his social and digital supports. An initial appointment was made with the psychologist where they scheduled in follow-up sessions provided their details in case Mike needed them.
- The psychologist asked Mike who his **GP** was and Mike gave her the details of the local GP recommended to him. The psychologist contacted the new GP and updated him on Mike's plan.

Mike's service will include 6 hours of one-to-one structured brief psychological intervention and 4 hours of non-clinical support.