

## Psychological Strategies (formerly known as ATAPS) Aboriginal and Torres Strait Islander Service information sheet – for clients

### What is the Aboriginal and Torres Strait Islander Service?

Eastern Melbourne PHN's (EMPHN) Aboriginal and Torres Strait Islander Service is a short-term service for people with mild to moderate mental health issues.

This service offers:

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

This service is provided free of charge.

### Who is this service for?

To be eligible for referral to the Aboriginal and Torres Strait Islander Service, you must meet the following criteria:

- be aged 12 or older and of Aboriginal and/or Torres Strait Islander descent;
- have a mental health diagnosis or be at risk of developing a mental illness; and
- cannot afford full fee counselling or a service gap fee for MBS Better Access subsidised counselling.

### How to access the Aboriginal and Torres Strait Islander Service

- Book a long consultation with your GP to discuss your wellbeing concerns and take this information sheet with you to your appointment.
- Your GP will then complete EMPHN's referral form and K10 and send it 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 (03) 9800 1071 or visit:  
[www.emphn.org.au](http://www.emphn.org.au)

#### Other useful contacts

Suicide Help Line	1300 651 251
Suicide Call Back Service	1800 445 511
Kids Help Line	1800 551 800
Parent Line	132 289
Lifeline	131 141
Maternal & Child Health	132 229
Child Protection Eastern	1300 131 391
Eastern Health Triage	1300 721 927
Monash Health Triage	1300 369 012
St Vincents Triage	1300 558 862
Northern Health Triage	1300 874 243
Austin Health Triage	1300 859 789

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.

