

Psychological Strategies (formerly known as ATAPS) **Aboriginal and Torres Strait Islander Service information sheet – for general practitioners**

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.

The Aboriginal and Torres Strait Islander 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, patients 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;
- be a low income earner and/or disadvantaged; and
- have not used the Medicare Benefits Better Access program in the current calendar year.

What happens next?

- After an initial six sessions, you will be provided with a treatment review, indicating if additional sessions are required (a review of the MHTP is needed for further sessions).
- If further sessions are required, please complete a referral form for a second set of sessions and MHTP review and fax these to the secure fax number.
- In exceptional circumstances, a further six sessions can be accessed (consultation with the EMPHN intake team and an additional MHTP review is required).



How to access the Aboriginal and Torres Strait Islander Service

- Book a long consultation with your patient to discuss their wellbeing concerns.
- Develop a mental health treatment plan (MHTP).

Complete the following (available at <https://www.emphn.org.au/what-we-do/mental-health/psychological-strategies>)

- EMPHN Mental Health Service Referral form and Kessler Psychological Distress Scale (K10)
- Fax the MHTP, referral form and K10 to EMPHN's secure fax number on 8677 9510.
- Once processed, EMPHN will allocate your referral to a clinician in the community who will contact your client for an appointment time.

For more information:

Visit: <https://www.emphn.org.au/what-we-do/mental-health/psychological-strategies> or call (03) 9871 1071.

The Aboriginal and Torres Strait Islander Service is offered through the Psychological Strategies program, which gives people access to no-cost counseling.

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

