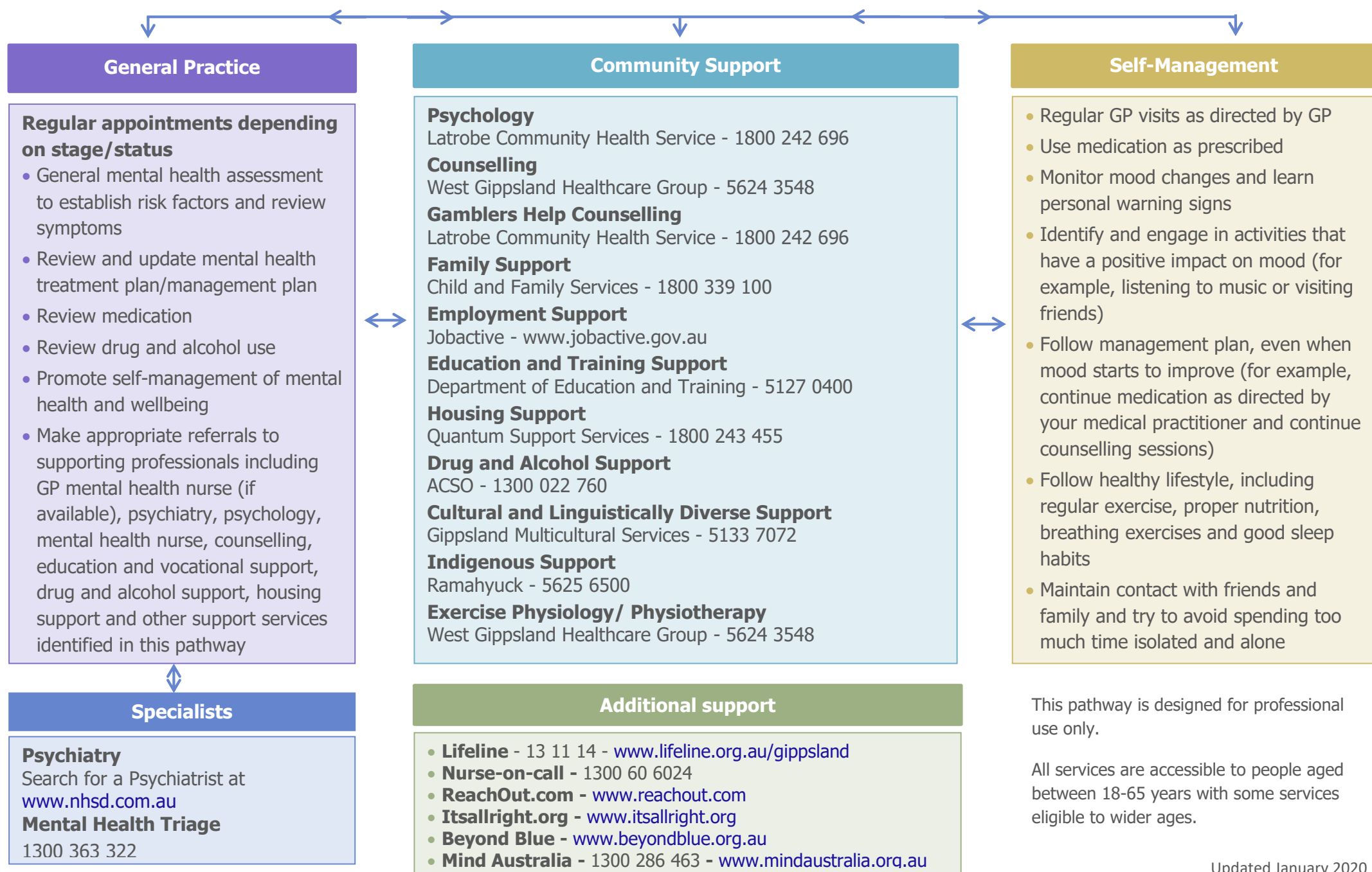


Baw Baw Adult Depression and Anxiety Care Pathway



General Practice

Regular appointments depending on stage/status

- General mental health assessment to establish risk factors and review symptoms
- Review and update mental health treatment plan/management plan
- Review medication
- Review drug and alcohol use
- Promote self-management of mental health and wellbeing
- Make appropriate referrals to supporting professionals including GP mental health nurse (if available), psychiatry, psychology, mental health nurse, counselling, education and vocational support, drug and alcohol support, housing support and other support services identified in this pathway

Specialists

Psychiatry

Search for a Psychiatrist at www.nhsd.com.au
Mental Health Triage
1300 363 322

Community Support

Psychology

Latrobe Community Health Service - 1800 242 696

Counselling

West Gippsland Healthcare Group - 5624 3548

Gamblers Help Counselling

Latrobe Community Health Service - 1800 242 696

Family Support

Child and Family Services - 1800 339 100

Employment Support

Jobactive - www.jobactive.gov.au

Education and Training Support

Department of Education and Training - 5127 0400

Housing Support

Quantum Support Services - 1800 243 455

Drug and Alcohol Support

ACSO - 1300 022 760

Cultural and Linguistically Diverse Support

Gippsland Multicultural Services - 5133 7072

Indigenous Support

Ramahyuck - 5625 6500

Exercise Physiology/ Physiotherapy

West Gippsland Healthcare Group - 5624 3548

Additional support

- **Lifeline** - 13 11 14 - www.lifeline.org.au/gippsland
- **Nurse-on-call** - 1300 60 6024
- **ReachOut.com** - www.reachout.com
- **Itsallright.org** - www.itsallright.org
- **Beyond Blue** - www.beyondblue.org.au
- **Mind Australia** - 1300 286 463 - www.mindaustralia.org.au

Self-Management

- Regular GP visits as directed by GP
- Use medication as prescribed
- Monitor mood changes and learn personal warning signs
- Identify and engage in activities that have a positive impact on mood (for example, listening to music or visiting friends)
- Follow management plan, even when mood starts to improve (for example, continue medication as directed by your medical practitioner and continue counselling sessions)
- Follow healthy lifestyle, including regular exercise, proper nutrition, breathing exercises and good sleep habits
- Maintain contact with friends and family and try to avoid spending too much time isolated and alone

This pathway is designed for professional use only.

All services are accessible to people aged between 18-65 years with some services eligible to wider ages.