

# Latrobe Youth 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, counselling, education and vocational support, drug and alcohol support, housing support and other support services identified in this pathway

## Community Support

### Psychology

Latrobe Community Health Service - 1800 242 696  
headspace - 5136 8300 - [www.headspace.org.au](http://www.headspace.org.au)

### Counselling

Latrobe Community Health Service - 1800 242 696  
headspace - 5136 8300 - [www.headspace.org.au](http://www.headspace.org.au)

### Family Support

Family and Parenting Support - 1800 339 100

### Employment Support

Jobactive - [www.jobactive.gov.au](http://www.jobactive.gov.au)

### Educational Support

Department of Education and Training - 5127 0400

### Housing Support

Quantum Support Services - 1800 243 455

### Drug and Alcohol Support

YSAS - 5133 3411

Latrobe Community Health Service - 1800 242 696

### Culturally and Linguistically Diverse Support

Centre for Multicultural Youth - 5133 9998

### Indigenous Support

Ramahyuck - 5136 5128

### Exercise Physiology

Latrobe Community Health Service - 1800 242 696

### Youth Support

headspace - 5136 8300 - [www.headspace.org.au](http://www.headspace.org.au)

Berry Street - 5134 5971

## 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



## Additional support

- **Kids Helpline** - 1800 55 1800 - [www.kidshelpline.com.au](http://www.kidshelpline.com.au)
- **Lifeline** - 13 11 14 - [www.llg.org.au](http://www.llg.org.au)
- **Youth Beyond Blue** - 1300 22 4636 - [www.youthbeyondblue.com](http://www.youthbeyondblue.com)
- **Nurse-on-call** - 1300 60 6024
- **ReachOut.com** - [www.reachout.com](http://www.reachout.com)
- **Itsallright.org** - [www.itsallright.org](http://www.itsallright.org)
- **Mind Australia** - [www.mindaustralia.org.au](http://www.mindaustralia.org.au)
- **Gippsland Youth Services Directory** - [www.gippslandyouthcommitment.org.au](http://www.gippslandyouthcommitment.org.au)

## Specialists

### Psychiatry

Search for a Psychiatrist at

[www.nhsd.com.au](http://www.nhsd.com.au)

### Mental Health Triage

1300 363 322

All services are accessible to people aged between 12-21 years with some services eligible to wider ages.