

Eligibility Criteria: Southern Wellbeing / Rural Primary Health Service

Inclusion Criteria:

- Financially disadvantaged
- Priority given to Health Care Card Holders and Pensioners.
- Patient scores highly using identified outcome tools.
- The GP and Allied Health Professional believe the patient would benefit from a brief intervention with focussed psychological strategies and that the patient is motivated to actively participate in therapy aimed at helping them develop strategies to overcome their difficulties.
- The person is aged 12 and above
- The patient is not currently in crisis and is not a risk to themselves or others.
- The patient meets the criteria for one or more of the following ICD-10 PHC diagnoses

F1 Alcohol and Drug Use

F2 Psychotic Disorders

F3 Depressive Disorders

F4 Anxiety Disorders

F5 Unexplained Somatic

Z63 Bereavement

Exclusion Criteria: (any one of the following)

- Financially able to afford Better Access or private psychological services
- The patient is already a client of existing public mental health services
- The patient has a primary diagnosis of a Personality Disorder
- The patient is actively experiencing psychotic or manic symptoms
- The patient has an intellectual disability
- The primary issue relates to smoking cessation or drug or alcohol dependence.
- The primary issue is behaviour management - particularly for youth
- If the patient's condition is currently acute and requiring ongoing crisis intervention and assessment of suicide risk.
- Other services available if more immediately appropriate – e.g. relationship counselling, D.V. counselling, anger management, family and child issues.