

Mental Health & Wellness Nurse Program

What is the Mental Health & Wellness Nurse program?

The mental health and wellness nurse program is a new local initiative in targeted rural and remote communities run by the Healthy Communities Foundation Australia and funded by a Department of Health and Aged Care and Suicide Prevention Australia grant.

The program will provide you support to manage every day in the community. You will access to a community mental health nurse who will help support and facilitate this.

What is involved in the program?

Your GP or psychologist will refer you to the program, after you have had a mental health treatment plan done and you meet the criteria of the program.

Once you have been referred a member of our team will be assigned to you based on your location, they will assess your referral and contact you.

Your mental health and wellness nurse will conduct an assessment on you and work with you to create a plan based around your goals. You will meet as regularly based on your needs to help you achieve your goals. To achieve these goals the wellness nurse may use a combination of cognitive behavioural therapy, social prescribing or other coping tools to help you reach your goals set by you.

Your mental health and wellness nurse will work with you, your GP and your psychologist and anyone else you would like to involved in your plan to achieve your goals.

How to access the program

- Your doctor or psychologist will suggest that you may need some extra support to achieve your goals that you discussed with your GP or psychologist in your mental health treatment plan.
- You will sign a consent form to say you are happy to be referred to the program.
- Your GP or psychologist will complete the referral form and email it to the mental health team at the Healthy Communities Foundation Australia.
- Our team will review and contact you about your referral.
- One of our mental health and wellness nurses will meet with you and work with you to create your tailored care plan.

If you need assistance or have any questions please email our team



Email

mentalhealth@thcfa.org.au