

Expressions of interest

StepCare, supporting GPs to start conversations on mental health

Mental health remains the most common reason patients visit their GP, with GPs also identifying this as the health issue causing them most concern for the future.

RACGP General Practice Health of the Nation 2018

Mental health affects 50% of us over our lifetime and sadly 65% of us who experience mental illness don't seek help. Life is challenging and our minds are complex - but knowledge is power.

The StepCare Service provides a simple first step for those with mental health concerns to access the care they need, when they need it. Helping to identify and screen people within general practice is the first step to removing the barriers that so often prevent people from seeking help.

How StepCare works?

- Patients are offered screening for signs of anxiety, depression and risky alcohol use either in the waiting room or via a text message prior to their appointment
- Results are sent immediately to your practice software via secure messaging
- Suggested prompts are provided to facilitate the conversation between GPs and patients about the results
- Patients complete follow-up screenings, allowing GPs and patients to track their progress.

Book today, for a better tomorrow

In partnership with Black Dog Institute, we are rolling StepCare out in your region. Your practice will be provided with training on how to use the StepCare Service, as well as posters and brochures. You will also receive ongoing support from both the Black Dog Institute and from Sydney North Health Network.

Register your interest

If you would like to discuss any aspects of the StepCare Service, please contact Chilin Gieng on 9382 8320 or simply email the below details to stepcare@blackdog.org.au

Yes, I would like to register my interest

Practice name: _____

Practice contact: _____

Telephone: _____

1 in 5

Australians
experience a
mental illness



StepCare
Service

