

Mental Health Matters in General Practice

Covid-19 is having a significant impact on the lives of our community. There are strategies that have the potential to improve the delivery of primary mental health care. Below you will find information on how to access services and provide quality care for your patient's mental wellbeing.

Quality Care and Referral Pathways

- Quality Improvement Activity – Identify and recall patients with a Mental Health condition eligible for a Mental Health Treatment Plan (MHTP) or Review
- Searching for People with a Mental Health Condition – [Cat 4 Data Extraction Tool](#)
- [Mental Health Better Access Initiative](#) – includes MBS Item Numbers (see p. 44)
- [Temporary Mental Health Telehealth](#) - MBS item numbers (see p. 62)
- [SNHN Mental Health Services](#) – Range of free mental health and alcohol and other drugs support services
- [Mental Health Triage Service](#) - Phone 1300 782 391. The team are available to visit your practice to provide more detail of services and eligibility
- [Head to Health](#) – Information and resources from trusted mental health organisations
- [Mental Health Support for Residents in Aged Care Facilities](#)
- [HealthPathways](#) – Log in: healthpathways Password: gateway
- [Alcohol and Other Drugs](#) – Resources, Newsletter and Webinars
- [GP Psychiatry Support Line](#)- free service that helps GPs manage the care of mental health consumers
- [Psychosocial Support Service](#) - practical psychosocial support services for people who are experiencing mental illness across the Northern Sydney PHN region

Mental Health Skills Training and Programs

- [RACGP Mental Health and Training](#)
- [ThinkGP](#)
- [Black Dog Institute](#)
- [Paid Clinical Attachments with Addiction Specialists](#)
- [Alcohol and Other Drugs GP Program](#)

The **Primary Care Team** at Sydney North Health Network are available for your enquiries and to provide support via email, phone or a visit to your practice. Phone: 9432 8250 Email: pcait@snhn.org.au. If you would like further assistance in implementing mental health improvement strategies in general practice, please contact our team. We are here to guide you.