

# Good Mental Health

December 2016

A NEWSLETTER FOR THE COMMUNITY FROM THE CENTRAL COAST MENTAL HEALTH SERVICE



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## The Healing Power of Art

The healing power of art has once again been demonstrated at the 17th annual Mental Health – Art Works! Exhibition, featuring artworks created by people whose lives have been affected by mental illness.

This year 117 entries were received for the multi-award winning exhibition, which is hosted each year by the Central Coast Mental Health Service as part of NSW Mental Health Month.

The exhibition provides people, with lived experience of mental illness as well as their carers and family members, an opportunity to share their mental health journey in a unique way.

It also helps to reduce the stigma that can surround mental health by increasing community understanding and empathy.

Well done to all the artists for submitting powerful and thought provoking works.

***See the award winning artworks & some comments from the Visitors Book on pages 7 - 12.***



Please distribute this e-newsletter through your email networks so that it gets to as many people in our community as possible.

***This e-newsletter is produced by:***

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## COMPEER Coming to the Coast

*"Compeer is the future of what we do in mental health. Once people get into a relationship where they feel valued, it's like an antidote to stigma."* Bradley Foxlewin, Dep. Commissioner, Mental Health Commission NSW

### **The Compeer Mental Health Friendship Program on Central Coast is now open**

The St Vincent de Paul Society has recently expanded the Compeer program to the Central Coast region and we are open to new applications from mental health consumers and volunteers in the region. Compeer has been operating in Greater Sydney, Illawarra, Macarthur and Hunter regions for 20 years. We are a free service.

### **How Compeer assists mental health consumers:**

Compeer aims to improve the quality of life and self-esteem of people with mental illness through the power of friendship. We introduce individuals (18+), to a volunteer of the same gender, to catch up for social activities in the community for 12 months. Everyone needs friends to support their mental health and wellbeing. A Compeer friendship built on trust, respect and understanding can support people to stay well and enjoy life.

The program is now open for application from anyone in the Central Coast community who is experiencing mental illness and would like additional social support. The applicant must be in recovery and receiving ongoing care from a health professional, who will actively support their participation in the program and complete part of the application form with them. Our application form can be downloaded from our website at [www.compeer.org.au](http://www.compeer.org.au) under the information for Health Professionals. Alternatively, you can contact the Central Coast Program Coordinator at [compeercentralcoast@vinnies.org.au](mailto:compeercentralcoast@vinnies.org.au) or 0436 111 102 for more information about the intake process, suitability guidelines, and how the program operates.

### **How Compeer offers a meaningful volunteer opportunity:**

Compeer is always looking for caring volunteers to match in friendships. Compeer provides a flexible volunteer opportunity which can fit around regular life commitments. It gives the chance to become part of a welcoming community of like-minded people, and make a difference. Many of our volunteers report how rewarding their volunteering has been, and how it has improved their own quality of life. If you are friendly, empathetic, and can spare four hours each month for at least one year, visit our website at [www.compeer.org.au](http://www.compeer.org.au) or email us at [compeercentralcoast@vinnies.org.au](mailto:compeercentralcoast@vinnies.org.au).

We'd love to tell you more about the program.

*"It was nice to have something to look forward to. It was nice to have something to do with someone and to not have to do everything alone"* - Compeer Friend

*"I really admire my friend. We both get so much out of our friendship. A friendship grows over the years and ours is still growing."* - Compeer Volunteer



## Quality Awards for Mental Health Service

Central Coast Local Health District Quality Awards recognise the best of staff achievements in improving quality of care and health service delivery each year. All CCLHD staff, contractors and volunteers are eligible to submit entries.

The Central Coast Mental Health Service was awarded two quality awards this year in the category 'Patients as Partners'. First place was awarded to the Recovery College Project and second place was awarded to the 'Chilling out in Mental Health Inpatient Unit' project. The awards recognise the efforts of the mental health service in collaborating with patients in the interest of service planning, development and delivery.

### Central Coast Recovery College

The Central Coast Recovery College (CCRC) was established to provide face to face education and information for mental health consumers and carers within the local community. The purpose of the CCRC is, to promote wellbeing, education and recovery, through learning opportunities for individuals to manage their personal recovery.

### 'Chilling out in Mental Health Inpatient Unit'

*Using the Sensory Modulation Room - Building bridges to function in the community.*

The application of sensory modulation approaches in mental health care is an emerging area of practice in Australia. Research has shown that a sensory room and sensory modulation program offers a nurturing, person-centred, supportive and therapeutic environment. Inpatient Occupational Therapists (OTs) have established a 'Chill Out' room and Sensory Modulation programme within the two acute Adult Mental Health Inpatient Units at Gosford and Wyong. The aim is to help individuals to increase their self-awareness and develop coping strategies/techniques to self-nurture and self-soothe in order to help regulate their emotions, behaviour, manage stress and prevent/reduce crisis.

#### **Pictured L-R:**

Dr Andrew Montague  
Lani McGrath  
Tiyana Gostelow  
Jayne Logan  
Kira Van Klink  
Lyndal Scott  
Dr Bruce Sanderson  
Rebecca Midson



***Congratulations to everyone involved in both of these projects.***

## Primary School Expo a Success

The School-Link Central Coast 2016 Primary School Mental Health Forum and Expo held earlier this year at the Dolphin Theatre at the Entrance High School was a great success. It was attended by 120 staff members from Department of Education Schools, Independent and Catholic Primary Schools. A range of relevant community organisations were also in attendance with service information stalls relevant to the target group.

The Forum and Expo was coordinated by School-Link and Children and Young People's Mental Health in partnership with committee members from Children and Young Peoples Mental Health, Child and Family Health, Department of Education and Broken Bay Dioceses. This forum met several key objectives of School-Link and strengthened the early identification of mental health issues for children and young people through the provision of evidence-informed early intervention programs in schools.

This was a free one day conference with presentations on topics relevant for teachers working with children with mental health problems. We received very positive feedback in the evaluations, which reflects that the conference met our aims of increasing the mental health literacy and awareness of available programs and services of primary school staff.

Teachers reflected they feel confident that they can implement the strategies learned at the expo, that they now have a better understanding of the impact of trauma on brain development. They also stated they now have better understanding of the role teacher's play in engaging children with mental health and behavioural issues in learning. Anecdotal evidence since the conference has indicated that participants gained inspiration from the conference and are implementing a range of mental health initiatives in their lives.

Here is a short clip of the day filmed, edited and produced by Cindy O'Casey: <https://youtu.be/gkZnaviILDw>



*Photo L – R:* Rachael Cousins, School-Link Project Worker, Children and Young Peoples Mental Health, with Becky Fulcher, Learning and Engagement Coordinator, Department of Education.

## National Disability Insurance Scheme

### Some Links to NDIS Information

#### THE MENTAL HEALTH AUSTRALIA FACT SHEET 2

[Am I eligible for a package of support?](#) provides information about eligibility for the NDIS for people with a mental illness. This resource includes case study examples to help explain expected eligibility for people with a mental illness.

#### THE NDIS IN NSW

For more information about the NDIS in NSW visit: [www.ndis.gov.au/about-us/our-sites/NSW.html](http://www.ndis.gov.au/about-us/our-sites/NSW.html)

#### NDIS MENTAL HEALTH INFORMATION PORTAL

Mental Health Australia has compiled a range of information regarding the NDIS for mental health consumers, carers, service providers and policy officers. [NDIS Mental Health Information Portal](#)

#### MY NDIS PATHWAY

My NDIS pathway is a guide to becoming an NDIS participant. It will help people understand the path they will travel as the NDIS begins to work with them. To assist individuals and their carers to plan for the NDIS, information and planning documents can be found via this link: [www.ndis.gov.au/participants/planning-process](http://www.ndis.gov.au/participants/planning-process)

#### NDIS READY

Check out the resources now on the [NDIS Ready webpage](#):

#### NEWSLETTERS

If you would like to keep up to date with the latest NDIS news, you can subscribe to the following newsletters.

[Mental Health Australia NDIS Mental Health Network updates](#)

[Regular updates from the National Disability Insurance Agency](#)



## Mental Health Handbooks

Do you have clients that are linked in with the Central Coast Mental Health Service?

If so, there are two resources that are available for your clients and their family and carers. **Encourage them to ask for a copy.** Both Handbooks are service-wide documents so are available from any of the mental health teams and services.

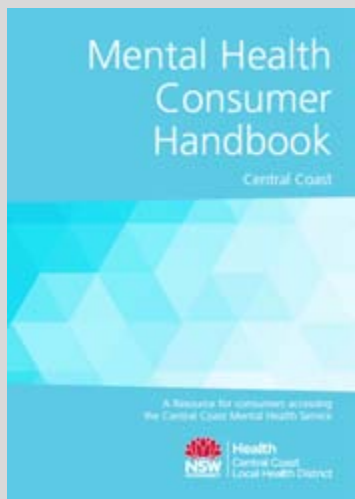
Information that is up to date and readily available is highly valued by consumers and their family and carers. It also supports better care. These two handbooks have been developed as a resource for consumers accessing the Central Coast Mental Health Service, and their families and carers. Produced after consultation with the different target groups, they contain basic information about available mental health services and links or 'information icons' to more detailed information for when it is needed.

While some information in each handbook is the same, there are also topics covered that are specific to each group. Some of the topics covered include:

- |                                       |  |
|---------------------------------------|--|
| Mental Health Line                    | Community Based Mental Health Services           |
| Hospital Based Mental Health Services | Referral & Discharge                             |
| Medication                            | Recovery   |
| Suggestions, Complaints & Compliments | Questions you might ask your health professional |
| Family & Carer Mental Health Program  | Looking After Yourself                           |
| Financial Information                 | The Mental Health Act                            |
| Guardianship                          | Mental Health Review Tribunal                    |
| Community Programs                    | Help & Support Lines                             |

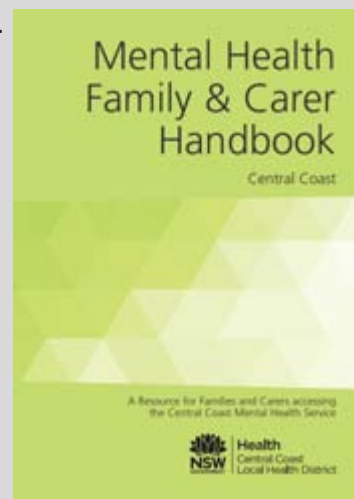
### Mental Health Consumer Handbook

A resource available for consumers accessing the Central Coast Mental Health Service.



### Mental Health Family & Carer Handbook

A resource available for family and carers accessing the Central Coast Mental Health Service.



## Mental Health - Art Works! Award Winners

Each year awards are presented at the Official Opening of the Mental Health—Art Works! Exhibition. These awards are judged by representatives from the various services and organisations that support each award. People viewing the Exhibition are encouraged to write their thoughts in the Visitors Book. The award winning artworks and a selection of comments from the Visitors Book are on the following pages.



"Thank you so much for sharing."

Mental Health and Creativity Award  
*"Caging Fear"* by Therese Gabriel Wilkins

"As always a fascinating expression of and insight into the courage of those living with mental health challenges."



Mental Health and Creativity Highly Commended  
*"Man and his Best Friend"* by Robyn Goodall

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## Mental Health - Art Works! Award Winners



Young People's Highly Commended  
*"Untitled"* by Cassie Eliasson



Young People's Highly Commended Award  
**AND**  
Pride in Diversity Award

*"Desolation and Despair"* by Dylan Thompson



Young People's Award  
*"Untitled"* by Siena May



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## Mental Health - Art Works! Award Winners



Young Carers Award  
*"You Are Not What You Feel"*  
by Crystal Russom



Carers Highly Commended  
*"Little Bird"* by Kim Yuile



Carers Award  
*"Mind Your Tea"* by Sharon Crumblin

## Mental Health - Art Works! Award Winners



**Multicultural Highly Commended**  
*"Flower Shower"* by Myriam Emmanuelle

"Excellent exhibition. A lot of talent and people so honest with their feelings. Fabulous."

"As a first time entrant, it is deeply encouraging to partake in something I am so passionate about. I value the way each artist explores and portrays their own unique experience of mental illness."

"I loved reading each and every description of the artworks."

"Wonderful exhibition and an insight to what is in the mind."

"Very moving, as always."



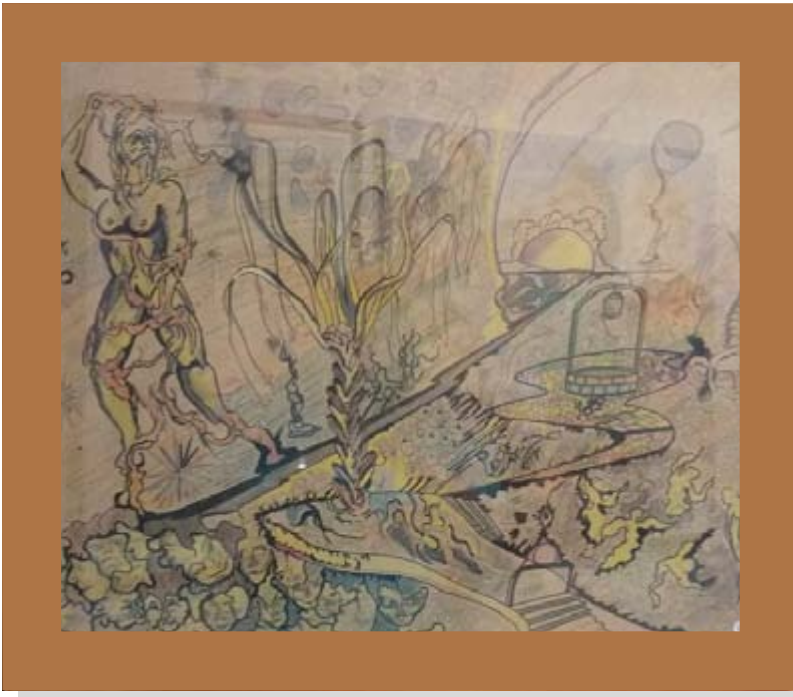
**Multicultural Award**  
*"The Dark"* by Jennifer

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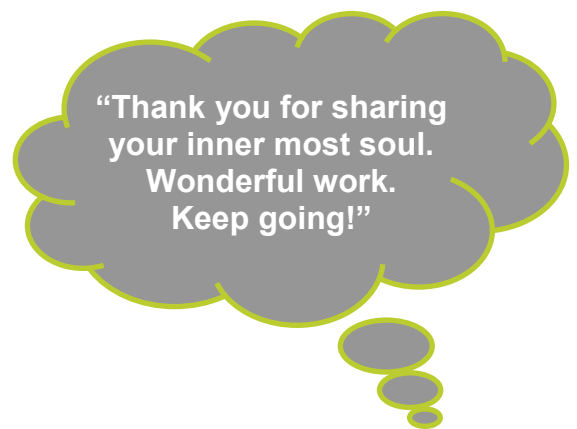
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## Mental Health - Art Works! Award Winners



Wisdom of Ageing Highly Commended  
*"Follow the Yellow Brick Road"*  
by Michael Bookluck



Wisdom of Ageing Award  
*"The Maze of Life"* by Ellen Bucello



Gallery Encouragement Award  
**AND**  
Viewers Choice Award

*"The Real Make-up"* by Mikie Hugh

# Good Mental Health

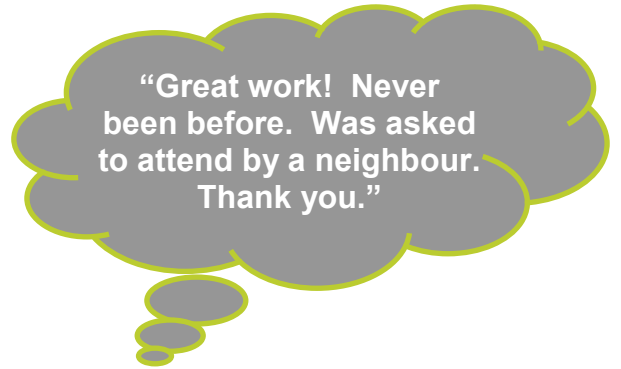
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## Mental Health - Art Works! Award Winners



Aboriginal Health Highly Commended  
"Untitled" by Nisey Goodwin



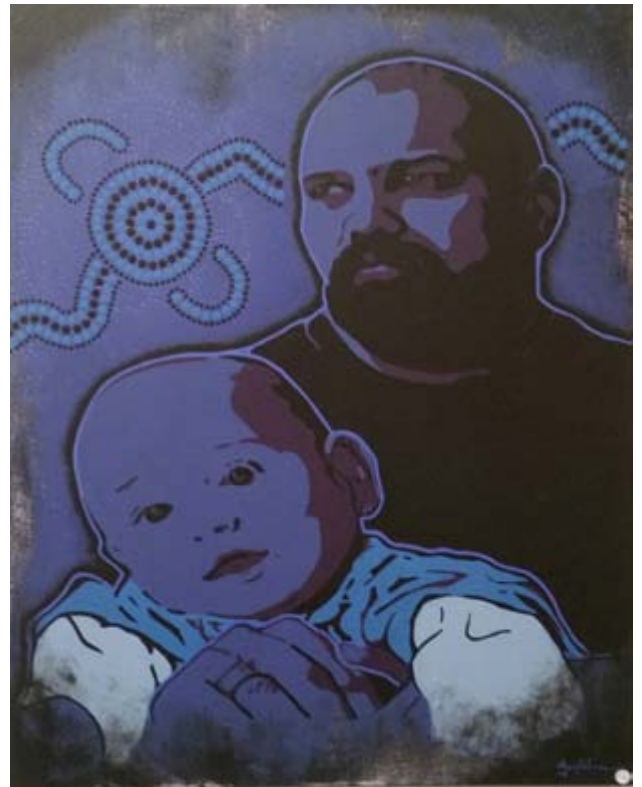
"Great work! Never been before. Was asked to attend by a neighbour. Thank you."



"Thank you to the artists for creating, expressing and explaining and sharing. Thank you for displaying."



"Great display, such a wide variety of artworks that provide a great snapshot to the public of what it is like living with mental health."



Aboriginal Health Award  
"Missing Pieces" By Garry Purchase

Contact Jenice Alliston to go on a mailing list for information about the  
*2017 Mental Health - Art Works! Exhibition*

Email: [Jenice.Alliston@health.nsw.gov.au](mailto:Jenice.Alliston@health.nsw.gov.au) or Ph: 4320 2941

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## A Selection of Health Days, Weeks & Months for 2017

### MARCH 2017

- Fri 3rd to Sun 12th [NSW SENIORS WEEK](#) The largest celebration for people aged over 60 in the southern hemisphere. It's also for people aged 50 and older who have a lifelong disability or are of Aboriginal or Torres Strait Islander descent.
- Wed 8th [INTERNATIONAL WOMEN'S DAY \(IWD\)](#) A time to reflect on progress made, to call for change and to celebrate acts of courage and determination by ordinary women who have played an extraordinary role in the history of their countries and communities.
- Fri 17th [NATIONAL CLOSE THE GAP DAY](#) The aim? To bring people together, to share information — and most importantly — to take meaningful action in support of achieving Indigenous health equality by 2030.
- Fri 17th [NATIONAL DAY OF ACTION AGAINST BULLYING AND VIOLENCE](#) This annual day provides a focus for all schools to say **Bullying. No Way!** and to strengthen their existing everyday messages that bullying and violence at school are not okay at any time.
- Tue 21st [HARMONY DAY](#) The message of Harmony Day is Everyone Belongs. It is a day to celebrate Australia's diversity. It is a day of cultural respect for everyone who calls Australia home – from the traditional owners of this land to those who have come from many countries around the world.
- Sun 26th [NEIGHBOUR DAY](#) Australia's annual celebration of community, encouraging people to connect with those who live in their neighbourhood. Whether through a cuppa, a picnic in the park, or a message of support; Neighbour Day is the perfect opportunity to say thanks for being a great neighbour and for being there when I needed you most

FOR A COMPREHENSIVE LIST GO TO THE [HEALTH EVENTS CALENDER](#) ON THE "YOUR HEALTH LINK" WEBSITE. AND ALSO THE [CALENDER OF KEY EVENTS](#) ON THE "OUR COMMUNITY" WEBSITE.

## Local Health & Wellbeing Events 2017

Keep an eye out throughout 2017 for information on local community health and wellbeing events and programs such as:

- \* Mental First Health Aid Courses
- \* Coast Connect community event
- \* Multicultural Expo
- \* Partners in Depression Programs
- \* Peninsula Links community event
- \* NAIDOC Day

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## APRIL 2017

Fri 7th - Sun 16th (TBC) [YOUTH WEEK](#) An annual, weeklong celebration of young people (12 to 25) throughout Australia that encourages young people to share ideas, attend events, discuss youth issues, showcase their talents and even have a bit of fun.

Fri 28th [WORLD DAY FOR SAFETY AND HEALTH AT WORK](#)

## MAY 2017

### MAY IS DOMESTIC VIOLENCE PREVENTION MONTH

[DOMESTIC VIOLENCE PREVENTION MONTH](#) To raise community awareness of the social and personal impacts of domestic and family violence and the support available to those affected. And to promote a clear message that domestic and family violence will not be tolerated in our communities.

Mon 8th - Sun 14th (TBC) [NATIONAL VOLUNTEER WEEK](#) Provides an opportunity to highlight the role of volunteers in our communities and to say thank you to the more than 6 million Australians who volunteer.

Mon 15th [INTERNATIONAL DAY OF FAMILIES](#) Held to celebrate the importance of families and the work started during the International Year of Families in 1994.

Mon 15th - Sun 21st [NATIONAL FAMILIES WEEK](#) It is a time to celebrate the meaning of family and to make the most of family time.

Sun 21st - Sat 27th (TBC) [SCHIZOPRENIA AWARENESS WEEK](#) This week is about sharing information and developing understandings of a complex mental illness to help break the chains of stigma.

Fri 26th [NATIONAL SORRY DAY](#) This day gives people the chance to come together and share the steps towards healing for the Stolen Generations, their families and communities.

Wed 31st [WORLD NO TOBACCO DAY](#) To highlight the health risks associated with tobacco use and advocating for effective policies to reduce tobacco consumption.

## JUNE 2017

Mon 12th - Sun 18th [MENS HEALTH WEEK](#) A great way to raise the profile of male health in your community!

## JULY 2017

### JULY IS DRY JULY MONTH

[DRY JULY](#) A fundraiser that challenges you to go booze-free for a month to support adults living with cancer.

Sun 2nd - Sun 9th [NAIDOC WEEK](#) The #NAIDOC2017 theme is "Our Languages Matter". NAIDOC is celebrated not only in Indigenous communities, but by Australians from all walks of life to celebrate the history, culture and achievements of Aboriginal and Torres Strait Islander peoples.

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## AUGUST 2017

Mon 7th - Sun 13th (TBC)      [HOMELESSNESS WEEK](#) Homelessness Week aims to raise awareness of people experiencing homelessness and the issues these people face.

## SEPTEMBER 2017

### SEPTEMBER IS DEMENTIA AWARENESS MONTH

[DEMENTIA AWARENESS MONTH](#) The goal is to encourage Australians to become dementia-aware, have a better understanding of what it is like for a person to live with dementia, and ultimately be encouraged to create communities where people with dementia are supported to live a high quality of life with meaning, purpose and value.

Sun 3rd - Sat 9th      [NATIONAL CHILD PROTECTION WEEK](#) All Australians are invited to play their part to promote the safety and wellbeing of children and young people.

Mon 4th - Fri 8th      [AUSTRALIAN WOMEN'S HEALTH WEEK](#) Focus on Women's health, learn more and take action

Sun 10th      [WORLD SUICIDE PREVENTION DAY](#) World Suicide Prevention Day on 10 September promotes worldwide commitment and action to prevent suicides.

Sun 10th      [OUT OF THE SHADOWS AND INTO THE LIGHT](#) You can make a difference by participating in Lifeline's national suicide prevention walks held to coincide with World Suicide Prevention Day. Walk to raise awareness, remember those lost to suicide and unite in a commitment to prevent further deaths by suicide. Get involved by joining a walk or organising a walk in your local community.

Thu 14th      [R U OK DAY](#) Asking 'are you ok?' is something we can all do to help people we know struggling with life. When you ask the question with a real desire to help, the conversation that follows could change a life – or even save it. Start a conversation: Ask, Listen, Encourage, Follow-up.

Tue 19th      [INTERNATIONAL TALK LIKE A PIRATE DAY](#) Celebrated in more than 40 countries worldwide. It is a fun day that involves people talking like pirates. Some people dress in pirate costumes as well.

## OCTOBER 2017

### OCTOBER IS MENTAL HEALTH MONTH

[MENTAL HEALTH MONTH](#) This awareness month encourages all of us to think about our mental health and wellbeing, regardless of whether we may have a lived experience of mental illness or not. This month also gives us the opportunity to understand the importance of mental health in our everyday lives and encourages help seeking behaviours when needed.

Sun 1st to Tue 31st      [WALKTOBER](#) October is Australia's walking month! With the winter months behind us, it is a great time to get outside, join up with family and friends, and go for a walk.

Sun 1st      [INTERNATIONAL DAY OF OLDER PERSONS](#) To recognize the contributions of older persons and to examine issues that affect their lives.

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## OCTOBER 2017 (CONT.)

- Sat 7th [GROW – ODD SOCKS DAY](#) Odd socks day, is a light-hearted approach to reminding people that anyone can have an odd day, and that stigma is still one of the greatest barriers to people seeking help and recovering from a mental illness.
- Tue 10th [WORLD MENTAL HEALTH DAY](#) To raise awareness about mental health issues worldwide .
- Sun 15th - Sat 21st (TBC) [CARERS WEEK](#) A celebration of the 2.6 million unpaid carers in our community who care for and support a loved one.
- Sun 29th [GRANDPARENTS DAY](#) Share memories and family traditions and more importantly – create new ones by spending the day with your grandparents!

## NOVEMBER 2017 NOVEMBER IS MOVEMBER MONTH

[MOVEMBER AUSTRALIA](#) Movember is all about bringing back the moustache, having fun and doing it for a serious cause; men's health, specifically prostate cancer and men's mental health. Mo Bros commit to growing a moustache for the 30 days of Movember, and in doing so become walking and talking billboards for the cause.

- Sun 12th—Sat 18th [PERINATAL DEPRESSION AND ANXIETY \(PNDA\) AWARENESS WEEK](#) (*formally known as Post Natal Depression Awareness Week*) A time to increase community knowledge about mental health during the perinatal period and reduce the stigma attached so that those affected can feel free to seek help.
- Sat 25th [WHITE RIBBON DAY](#) Australia's campaign to end men's violence against women. White Ribbon works through a primary prevention approach, understanding that men must be engaged to achieve the social change necessary to prevent men's violence against women.

## DECEMBER 2017

- Fri 1st [WORLD AIDS DAY](#) Raises awareness across the world and in the community about the issues surrounding HIV and AIDS. It is a day for people to show their support for people living with HIV and to commemorate people who have died.
- Tue 5th [INTERNATIONAL VOLUNTEER DAY \(IVD\)](#) Established by the United Nations General Assembly in 1985, it provides volunteer organisations and individual volunteers with the opportunity to raise the public awareness of their contributions to economic and social development at local, national and international levels.



# Mental Health Line

## 1800 011 511

### CENTRAL COAST MENTAL HEALTH SERVICE

The Central Coast Mental Health Service sees people with moderate to severe mental health issues. It is available 24 hours a day, every day by calling the NSW Mental Health Line.

The Mental Health Line makes accessing Mental Health Services easier by providing a central point of contact for all referrals across NSW.

If you, someone you know, or one of your clients, needs help with a mental health problem, call the Mental Health Line on 1800 011 511.

By following the prompts, you will be connected to your local mental health service, in this instance, the Central Coast Mental Health Service.

**If the Central Coast Mental Health Service is appropriate.** The details of your referral will be forwarded to the most appropriate part of the mental health service for further contact to be made.

**If the Central Coast Mental Health Service is not appropriate.** Information will be provided about other specialised health or community services to better meet your clinical needs.

#### QUESTIONS SPECIFICALLY FOR PEOPLE OVER 65

Does the person have a diagnosis of dementia or memory problems and/or disturbed behaviour?

Is the person very confused and disorientated? Is this a long standing problem or has there been a sudden deterioration over the past few hours or days?

**THE CENTRAL COAST MENTAL HEALTH SERVICE IS NOT AN EMERGENCY SERVICE. IF AN EMERGENCY RESPONSE IS**

**THE MENTAL HEALTH LINE IS NOT A TELEPHONE COUNSELLING SERVICE.**

TELEPHONE COUNSELLING OPTIONS INCLUDE:

LIFELINE 13 11 14

MENSLINE AUSTRALIA 1300 78 99 78

KIDS HELP LINE 1800 55 1800



### HANDY HINTS FOR CALLING THE MENTAL HEALTH LINE

We want your contact with us to be easy and useful. The more information you can give us, the better the assessment and referral we can make.

You will be asked questions about you and your situation, or if you are calling on behalf of someone else, about the person you are referring.

#### THESE ARE SOME OF THE QUESTIONS WE MAY ASK:

*Contact details, eg: name, DOB, address, phone number.*

*Referring person's details, eg: name, address, phone number, organisation.*

*GP name and contact details.*

*Contact details for next of kin/family/carer.*

*Are you/the person you are referring of Aboriginal or Torres Strait Islander background?*

*Is English your first language? Do you need an interpreter?*

*What is the reason you are referring?*

*What's happening for you/the person right now?*

*How are you/the person feeling right now? How long have you/the person been feeling this way?*

*Are you/the person having thoughts of suicide or self-harm? Is there intent to act on these thoughts e.g. a plan, the means available?*

*Are you/the person on any medications? What are they? What is the dosage and frequency?*

*Are you/the person currently physically well? Do you have any physical health problems?*

*Is the person consenting to the referral?*

*Are you/the person agreeable to an assessment?*

*Do you/the person have a history of drug or alcohol use?*

*Are you/the person currently using drugs or alcohol?*

*Is the person currently physically and/or verbally aggressive towards others?*