



WAPHA
WA Primary Health Alliance

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PERTH NORTH, PERTH SOUTH,
COUNTRY WA
An Australian Government Initiative

Media Release

Integrated care model at heart of approach to primary mental health care

10 October 2016

WA Primary Health Alliance (WAPHA) is committed to addressing mental illness and suicide in WA through the development and modelling of new and innovative approaches to mental health care.

Perth South PHN, one of WA's three PHNs operated by WAPHA, was selected by the Federal Government to take a lead role in developing and delivering new models of primary mental health care, with a particular focus on youth mental health and suicide prevention.

Perth South PHN general manager Bernadette Kenny said World Mental Health Day served as a timely reminder of the importance of taking care of our mental health and wellbeing and focusing on the measures already underway for suicide prevention.

Ms Kenny said WAPHA was working across all levels of the WA health landscape with a long-term focus on improving access, maintaining quality and facilitating integration for primary mental health care.

"At the heart of WAPHA's Integrated Primary Mental Health Care model is improving capacity and capability in primary care and general practice," Ms Kenny said.

"The model is not about changing the way primary care works, rather it is about enhancing care, adding value to existing services and providing a structure to make it easier to put people at the centre of care.

"Adoption of this model will assist GPs to better manage their patients, respond effectively to patient flow and potentially reduce the need to refer to specialist treatment services."

Ms Kenny said customising interventions to meet individual needs is the basis of a 'stepped care' approach to primary mental health care.

"Stepped care enables development of a partnership between primary care practitioners and the people they treat," Ms Kenny said.

"Integral to success are appropriate links with community support services and professionals through both collaborative and shared care models of care."

Ms Kenny said WAPHA will continue to collaborate with stakeholders and community services to facilitate opportunities for co-design and local implementation for identified priorities of need for primary mental health care.

ENDS



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