






# WA Primary Health Alliance mental health target groups

Service Type	Target Group
Aboriginal Mental Health Services	Aboriginal people of all ages, who present with a complex mix of issues, which may include symptoms of mental illness, but also other issues including cultural disconnection, stressors associated with housing, physical illness, trauma, abuse and loss.
	Aboriginal people with co-occurring alcohol or other drug issues.
	Aboriginal people at risk of suicide.
headspace	Young people aged 12-25 years with, or at risk of, mild to moderate mental illness.
Low intensity mental health services for early intervention	People who are at risk of mental illness or have mild mental illness and do not require more intensive psychological interventions.
	Groups in specific regions, for whom there is a service gap in relation to low intensity services. (e.g. Indigenous, aged, youth).
Psychological therapies provided by mental health professionals for underserved groups	People with mild to moderate mental illness, who are underserved by Medicare Benefits Schedule (MBS) based psychological treatment.
	Groups who are underserved through existing psychological therapy arrangements due to workforce limitations or the unsuitability of available services. These include (but are not limited to): <ul style="list-style-type: none"> <li>• children under the age of 12 years</li> <li>• people experiencing, or at risk of, homelessness</li> <li>• women experiencing perinatal depression</li> <li>• people from culturally and linguistically diverse (CALD) backgrounds</li> <li>• people who identify as lesbian, gay, bisexual, trans and gender diverse, intersex and queer (LGBTIQ+) for whom stigma and lack of appropriate services may provide barriers to care</li> <li>• people with intellectual disability and co-occurring mental illness, for whom there are barriers to receiving appropriate mental health treatment</li> <li>• Aboriginal and Torres Strait Islander people</li> <li>• people at risk of suicide</li> <li>• people with mental illness in Residential Aged Care Facilities</li> <li>• people in drought impacted communities</li> <li>• young people.</li> </ul>
	People with mild to moderate mental illness who are not clinically suited to self-referred lower intensity levels of intervention, (e.g. self-help, and digital or self-referred low intensity services), and who are underserved through MBS based psychological services.

Psychological therapies provided by mental health professionals for underserved groups (cont)	In some cases, people with severe mental illness, who may benefit from short term, focused psychological intervention as part of their overall care.
	Other underserved groups identified as a priority by the Commonwealth, including: <ul style="list-style-type: none"> <li>• people in drought impacted areas</li> <li>• individuals affected by poly-fluoroalkyl substances contamination.</li> </ul>
Psychological treatment services in residential aged care	People with mild to moderate mental illness who are residents of residential aged care.
	Residents with severe mental illness who are not more appropriately managed by a state or territory government Older Persons Mental Health Service, and who would benefit from psychological therapy.
	Individuals who are experiencing early symptoms and are assessed as at risk of developing a diagnosable mental illness over the following 12 months if they do not receive appropriate and timely services, may also be eligible in some instances.
The National Psychosocial Support Measure	Individuals who are not more appropriately funded through the National Disability Insurance Scheme and are significantly affected by severe mental illness, which has an impact on their associated psychosocial functional capacity.
Services for children and young people with or at risk of severe mental illness	Children and young people with or at risk of severe mental illness, who can be managed in the primary care setting.
Services for people with co-occurring mental health and alcohol and other drug issues	Groups with co-occurring mental health and alcohol and other drug needs, who are at heightened risk, such as: <ul style="list-style-type: none"> <li>• Aboriginal and Torres Strait Islander people</li> <li>• young women during the perinatal period</li> <li>• people with severe mental illness</li> <li>• individuals with comorbidity who are at risk of suicide.</li> </ul>
Services for people with severe mental illness	People with severe mental illness who are being supported in primary care.
Suicide Prevention Trails	Kimberley: Aboriginal and Torres Strait Islander Australians.
	Midwest: Men 25-54, specifically farmers, fishers and fly in, fly out workers.
	Peel, Rockingham and Kwinana: Young people between the ages of 16 to 24.



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This is one of a series of factsheets regarding mental health and primary health care, developed by WAPHA. Further factsheets and other resources can be found at [www.wapha.org.au/mental-health-framework](http://www.wapha.org.au/mental-health-framework). The information in this factsheet is current at December 2020.