

**HEAD T<sup>o</sup> HEALTH**



Helping your patients find mental  
health support that's right for them



# About Head to Health

Head to Health is an Australian Government service that helps you and your patients access mental health and wellbeing services that are right for them. It includes the Head to Health digital platform, the Head to Health Phone Service and a network of Head to Health centres.

Head to Health also makes it easier for GPs and other health professionals to support the mental health of the people they look after, and those who may be supporting them, through improving access to services in their local community.

**Head to Health services are available to everyone, at no cost.**



Head to Health is an entry point into the mental health system but does not replace the central role GPs play in looking after their patients' mental wellbeing.

Head to Health provides free advice and access to mental health care. It is supported by the Head to Health Assessment and Referral Phone Service that anyone can access by calling 1800 595 212.

To refer into Head to Health, phone 1800 595 212 while your patient is with you. The intake clinician can organise to call your patient at a time that suits them to complete the assessment. Alternatively, your patient is welcome to call 1800 595 212 themselves.

Following an initial assessment, patients can then be referred to and connected with the service that best suits their needs. The Head to Health team will inform you of the service that your patient is referred to.

The Head to Health Assessment and Referral Phone Service is staffed Monday to Friday, 8:30am to 5pm.

## Head to Health digital platform

[headtohealth.gov.au](http://headtohealth.gov.au)

The Head to Health website includes over 750 evidence based digital mental health resources, apps and online programs. This includes dedicated online forums, peer support services, chat and email services.

## Head to Health Centres

1800 595 212 or [headtohealth.gov.au](http://headtohealth.gov.au)

Head to Health Centres offer a walk-in service providing advice, support and, if needed, assessment and treatment for people 18 years and over experiencing emotional and psychological distress. Services include support for family, carers and friends.

The centres offer immediate, short-term and medium-term care, and help connect people to ongoing services, when required.

Centres are staffed by mental health nurses, social workers, occupational therapists and peer support workers.

Available services include:

- Initial assessment
- One-to one counselling
- Access to therapy groups
- Peer Support
- Care coordination with other services or agencies (e.g. NDIS)

If a client's care requires the input of a GP, psychologist or psychiatrist, centre staff will facilitate this via referral.

Referrals to access a centre are not required, but are welcome from GPs, health professionals and other community services.

Current WA locations are Armadale, Gosnells, Midland and Mirrabooka. Open extended hours, including weekends. Opening hours vary from site to site, go to [headtohealth.gov.au](http://headtohealth.gov.au) for details.

### **Head to Health is not a crisis or emergency service.**

For urgent support, contact Lifeline on 13 11 14.  
Call 000 in an emergency.

## Initial Assessment and Referral Decision Support Tool

All Head to Health mental health clinicians are trained in and use the Initial Assessment and Referral Decision Support Tool (IAR-DST) to assist in determining the most appropriate level of care for individuals seeking mental health support. This is helping to create a common language across the mental health sector about patients' treatment needs.

Training is also available to GPs and other primary health clinicians in the use of this tool which is remunerated and has CPD hours available. Designed to complement the GP or clinician's clinical judgement, IAR-DST is best used as part of a comprehensive mental health assessment.

Find out more or book a training session [wapha.org.au/iar-dst/](http://wapha.org.au/iar-dst/)



# HEAD TO HEALTH

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**phn**  
PERTH NORTH, PERTH SOUTH,  
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