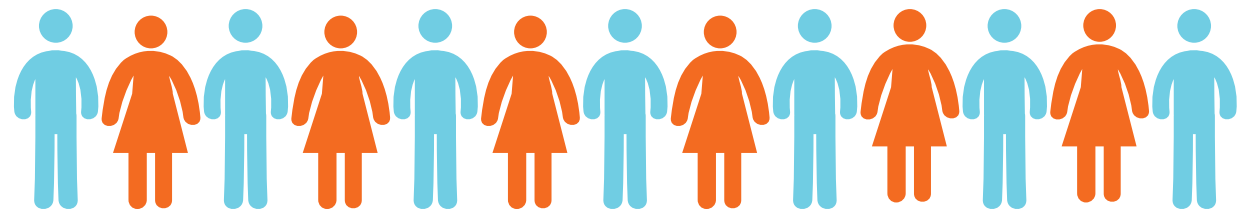
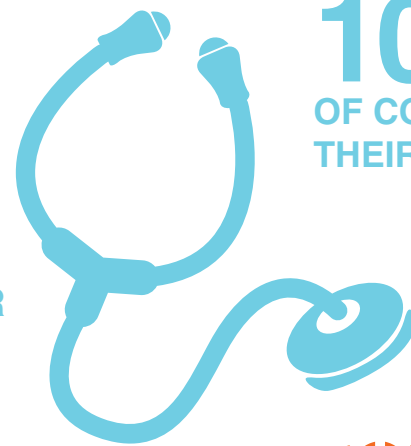


# MENTAL HEALTH SERVICES ON THE GOLD COAST



**100%** OF YOU KNOW SOMEONE WHO HAS OR HAVE YOURSELF SPOKEN TO YOUR GP ABOUT MENTAL HEALTH ISSUES

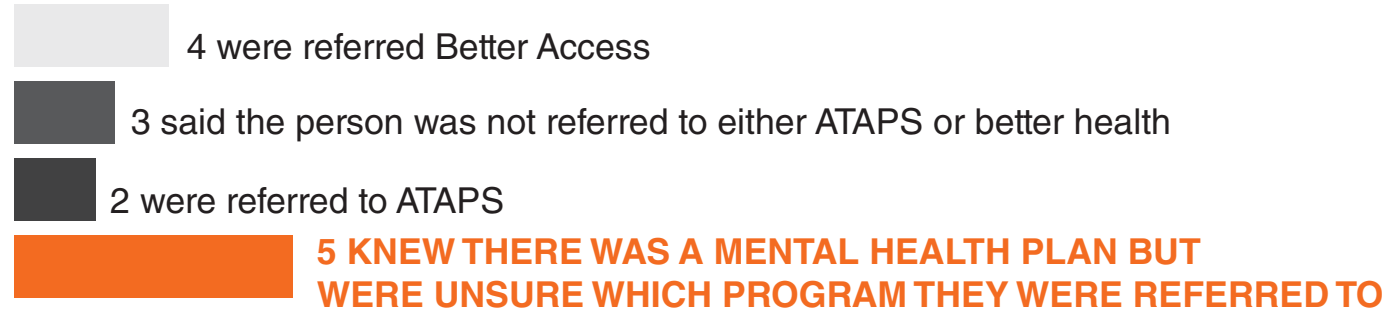


**10** PEOPLE SAID THEIR FIRST POINT OF CONTACT IF THEY HAD CONCERNS ABOUT THEIR MENTAL HEALTH WOULD BE A GP...

10 people also said if their friend had a Mental Health issue they would suggest a GP as their first point of contact

The main reason people would recommend a GP was to get a referral to the right service

## The result of that conversation was....

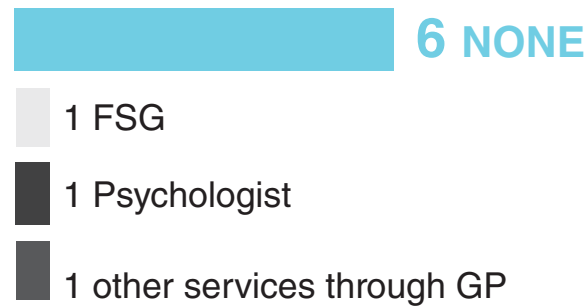


**2 PEOPLE SAID THEY WOULD CHECK OUT THE INTERNET FIRST AND SUGGEST THE SAME TO A FRIEND**

**2 OTHERS SAID THEY WOULD RECOMMEND THEIR FRIEND TALKS TO FRIENDS OR SEEK OUT COMMUNITY SERVICES TO GET THE SUPPORT THEY NEED**



## Other services accessed were...



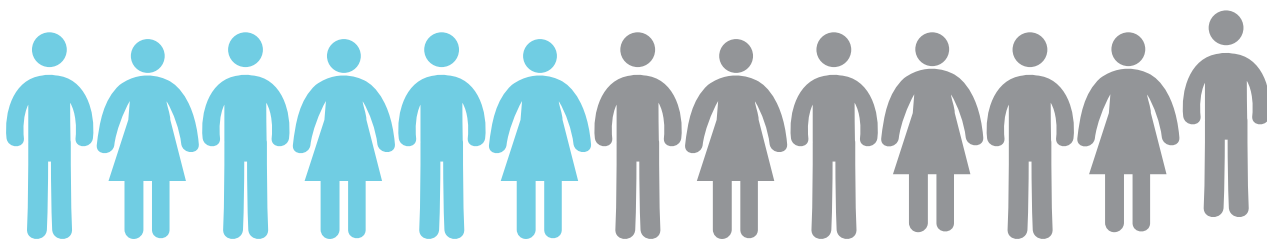
**7 PEOPLE OUT OF 13** said they know someone or they themselves have not accessed Mental Health Services in the past due to financial barriers

Strategies the CAC would like to see implemented in General Practices to help improve diagnosis and appropriate referrals:

- ✓ More mental health nurses
- ✓ The practice being recognised as a mental health clinic
- ✓ Educating GPs further around mental health
- ✓ Providing more support and encouragement to patients presenting with mental health issues

The CAC considered the following as priority areas for Mental Health professionals to work better together

- ✓ 5 people mentioned communication
- ✓ 2 mentioned financial/ low cost options or more options for people in financial hardship
- ✓ 1 mentioned offering support through church groups
- ✓ 1 mentioned offering holistic based options
- ✓ 1 mentioned offering all options in a 'one stop shop' kind of information base or pack



**6 OUT OF 13** people mentioned 'stigma' when asked what they think the barriers are to people accessing mental health services