

Wesley Mission Queensland

Mental Health Services Update

TWBSS, OOH & Supporting Minds

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Wesley Mission Queensland respectfully acknowledge the Traditional Custodians of the lands on which we work and live. We acknowledge Elders both past and present and emerging, whose ongoing efforts to protect and promote Aboriginal and Torres Strait Islander cultures will leave a lasting legacy for future Elders and leaders.

Selecting the right Mental Health Service



Situational Distress

- Significant Transitions
- Financial
- Domestic or Family violence
- Trauma
- Interpersonal or social difficulties
- Legal Issues
- **Clinical Support**
- **Not Outreach**

Situational Distress

Supporting Minds Psychological Therapies

Referrals via:

- Self-referral
- General Practitioner
- Community Organisations
- Head to Health (1800 595 212)



Suicidal Ideation

The Way Back Support Service Out of Hospital Pathway

Referrals via:

- General Practitioner
- Kalwun
- Head to Health (1800 595 212)

Letters-of-referrals via fax (07) 3539 6444
or Medical Objects: MS42140001L

If you're unsure which service is appropriate, refer your patients to Wesley Mission Queensland to help find the right service for their needs.



Suicidal Ideation

- Thoughts, ideas, feelings or behaviours related to suicide
- **Psychosocial Support**
- **Outreach support**

Supporting Minds

Supporting Minds is a FREE clinical mental health service on the Gold Coast which includes a dedicated stream for the LGBTIQAP+ community.

Service is provided in multiple locations across the Gold Coast including Community Centres.

What to expect for clinical sessions:

6 Sessions based on client's desired outcome/goal

- ✦ Brief, short, goal-centred evidence-based approaches
- ✦ Sessions - 45 mins
- ✦ Strategies to assist in improving mood & cognition
- ✦ Skills to improve organization & workable strategies
- ✦ Modifying behaviours & thinking that are causing distress
- ✦ Communication & interpersonal skills
- ✦ Relaxation & Mindfulness techniques & Psychoeducation
- ✦ Available via Telehealth, Teams Video or Face to Face

Situational Distress



Supporting Minds
Psychological
Therapies

Referrals via:

- Self-referral
- General Practitioner
- Community Organisations
- Head to Health (1800 595 212)



Supporting Minds – LGBTIQAP+ Stream

- Clinical and non-clinical psychosocial support provided by workers who identify in the community
- Personalised support for up to 12 weeks.
- Supports people to increase capacity to manage mental wellbeing, build connections with community and access other health and community services that are culturally appropriate

Eligibility: LGBTIQAP+ people residing in the Gold Coast region (12– 65 years) who identify with the LGBTIQAP+ community and/or are questioning sexuality or gender identity, requiring culturally specific support.



The Way Back Support Service



Take action to stay safe and connect to the right supports for you.



The Way Back Support Service

- non-clinical psychosocial support and transition service
- post-hospital discharge community support
- supports those who have attempted suicide or had a suicidal crisis, to minimise the risk of re-attempts
- aims to increase social connectedness, improve access to clinical and community support services, and build the capacity of individuals to self-manage and improve mental wellbeing.

Eligibility: Adults 18 years and older that have presented to or been discharged from either Robina or Gold Coast University Hospital following a suicide attempt or suicidal crisis. **Referral to this service can only be made by the Gold Coast Health Acute Care Team.**

The Way Back Support Service Out of Hospital Pathway (OOH)

- non-clinical psychosocial support and transition service for people experiencing suicidality.
- personalised support for up to three months.
- supports people to stay safe, keep connected with others, and access health and community services as part of their recovery.

Eligibility: People residing in Gold Coast aged 16 years and older who have presented to a General Practice, Head to Health phone line or Aboriginal Medical Service, and are experiencing suicidal thoughts.

Suicidal Ideation



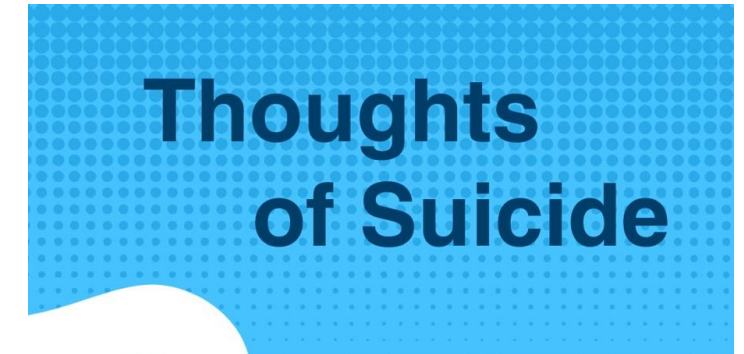
The Way Back Support Service Out of Hospital Pathway

Referrals via:

- General Practitioner
- Kalwun
- Head to Health (1800 595 212)

Ways we help:

- Providing encouragement, support, and regular contact
- Developing suicide safety plans and support plans with the client.
- Facilitating access to a range of community services (such as housing, income support, family support, education and employment), with the aim of addressing some of the issues that may be leading to distress
- Supporting attendance at relevant appointments
- Supporting clients to connect with formal and informal support networks.



The Way Back Support Service Out of Hospital Pathway

Referrals via:

- General Practitioner
- Kalwun
- Head to Health (1800 595 212)



ACCESS AND REFERRALS

Referrals can be made by:

- Wesley Mission Queensland referral form;
- Letters-of-referrals via fax 07 3539 6444
- Letters-of-referrals via Medical Objects: MS42140001L
- Head to Health phone line on 1800 595 212.
- For any enquiries: 07 3151 3825

