

Psychological Therapies

Client Information

Short-term goal orientated mental health counselling for people experiencing common mental health problems of mild to moderate severity.

What is the Psychological Therapies Program?

The Psychological Therapies program provides therapeutic short term counselling for people who have been diagnosed with mild to moderate mental health problems such as anxiety or depression.

Who Can Access the program?

People aged 16+ who have been diagnosed with a mild to moderate mental health condition.

What to Expect:

The first appointment will occur with a suitably qualified Mental Health Clinician who will spend the session discussing what you are struggling with and how this is affecting your life. They will then work with you to identify goals to achieve over the course of treatment. You will meet with your Clinician on a regular basis, depending on the nature and severity of the presenting problem(s).

You can expect to receive:

- Evidence based psychological strategies designed to your specific needs
- Collaborative approach to care with your GP and other services involved in your mental health care
- Support in accessing the most appropriate service and supportive referral pathways
- Client centered approach to care
- Confidential service
- Excellent service provision from a team of highly skilled and qualified Clinicians

Fees and Location:

This service is free and available at the following locations:

- Berri - FocusOne Health, 3 Riverview Drive Berri
- Barmera - Barmera Medical Clinic, Hawdon Street Barmera
- Waikerie - Waikerie Medical Clinic, Strangman Road Waikerie
- Pinnaroo - Mallee Border Health Centre, 29 Hensley Street Pinnaroo
- Mount Gambier - FocusOne Health, 13a Sturt Street Mount Gambier
- Keith - Keith and District Medical Centre, 35 Hill Avenue Keith
- Naracoorte - Naracoorte Hospital McMillan Wing, Cedar Avenue Naracoorte
- Kingston - Kingston Medical Clinic, 89 Agnes Street Kingston
- Bordertown - Bordertown Medical Clinic, 10 Woolshed Street Bordertown
- Millicent - The Medical Clinic, 10 Short Street Millicent

Referral:

To access this service, visit your GP and speak about a GP Mental Health Treatment Plan referral; your GP will then send your referral to FocusOne Health.

If you are in need of immediate care or in an emergency situation phone 000. FocusOne Health is not a crisis or emergency service. This information flyer should be read in conjunction with FocusOne Health's Customer Service Charter and Consumer Information Flyer.

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