Mental health referral pathways for children, adolescents and adults from refugee backgrounds

Options for General Practitioners and Health Professionals

Key Decision Points

- **Distressed due to personal or family problems, or difficulties settling in, but response is what you would normally expect to see given the circumstances**: Clients may have access to settlement workers or case managers. Contact these services for further information.

- **Distressed about experiences of torture or trauma. This distress is having an impact on their psychological well-being**: For access to interpreters please contact TIS (Translating and Interpreter Service) Free for doctors including a DPL (Doctor Priority Line 1300 131 450).

- **Symptoms that may be a mental illness, such as poor sleep, lack of appetite, lack of energy, unusual behaviour, increased distress**: Partners in Recovery (PiR) for people with chronic and persistent mental health issues refer to: GCML, GMSBML, MNBML, WMOML (25 yrs +)

- **Symptoms that may be a mental illness, making daily life very difficult. May include suicide ideation**: With patient consent consider involving a friend, family or community leader.

These options are not mutually exclusive and a client may benefit from involvement of multiple agencies.

This tool was developed by the Greater Brisbane Refugee Health Partnership Advisory Group – Mental Health Subgroup

To be reviewed in July 2015 (Please use Internet Explorer to access the hyperlinks in this document)

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Distressed due to personal or family problems, or difficulties settling in, but response is what you would normally expect to see given the circumstances

**Under 18 yrs**

- **QPASTT**
  - How to refer

- **Harmony Place**
  - Youth mentoring program

- **Medicare Locals ATAPS (Access to Allied Psychological Services) for children 0-12 years**

- **Gold Coast Medicare Local**

- **Greater Metro South Brisbane Medicare Local**

- **Metro North Brisbane Medicare Local**

- **West Moreton Oxley Medicare Local**

- Provide advice to speak with School/TAFE guidance officers and counsellors

- **Headspace**
  - refer to specific geographical area (12 - 25 yrs)

**Over 18 yrs**

- **Gold Coast Medicare Local**

- **Greater Metro South Brisbane Medicare Local**

- **Metro North Brisbane Medicare Local**

- **West Moreton Oxley Medicare Local**

- **Medicare Locals ATAPS (Access to Allied Psychological Services)**
  - includes suicide prevention, perinatal and general counselling

- **QPASTT**
  - How to refer

- **Other NGOs (e.g. Centacare, Relationships Australia)**
Distressed about experiences of torture or trauma. This distress is having an impact on their psychological well-being.

**Under 18 yrs**

- Medicare Locals ATAPS (Access to Allied Psychological Services) for children 0-12 years
- School/TAFE guidance officers and counsellors
- QPASTT Children and Youth counselling (5-25yrs)
- Child and Youth Mental Health Service (CYMHS)
- Headspace - (12 to 25 years)
- Gold Coast Medicare Local
- Greater Metro South Brisbane Medicare Local
- Metro North Brisbane Medicare Local
- West Moreton Oxley Medicare Local

**Over 18 yrs**

- Medicare Locals ATAPS (Access to Allied Psychological Services) includes suicide prevention, perinatal and general counselling
- Gold Coast Medicare Local referral website
- Greater Metro South Brisbane Medicare Local
- Metro North Brisbane Medicare Local
- West Moreton Oxley Medicare Local

**Medicare Locals ATAPS**
- Includes suicide prevention, perinatal and general counselling
- Available for children 0-12 years
- Available for over 18 years

**QPASTT Counselling Program**
- Offers counselling services for children and youth

**Culture in Mind**
- Provides cultural awareness training and resources
Symptoms that may be a mental illness, such as poor sleep, lack of appetite, lack of energy, unusual behaviour, increased distress.
Symptoms that may be a mental illness, acute presentations making functioning difficult. May include suicide ideation.

**Under 18 yrs**

- Child and Youth Mental Health Service (CYMHS)
- Queensland Transcultural Mental Health Centre
  - Mater Kids in Mind, Child and Youth Mental Health Service
  - Children's Health Queensland Child Youth Mental Health
  - Metro South Mental Health CYMHS
  - West Moreton Oxley CYMHS

**Over 18 yrs**

- Adult Mental Health Services
  - Metro South HHS
- Adult Mental Health Services
  - Gold Coast HHS
  - Acute Care Team, their intake/triage: 1300 642 255
- Adult Mental Health Services
  - Metro North HHS
- Adult Mental Health Services
  - West Moreton HHS
- Referral form
  - Queensland Transcultural Mental Health Centre
- Partners in Recovery (25yrs+)