

**Other Services for Adults**  
Lifeline: 13 11 14  
beyond blue: 1300 22 4636

**For Further Information**  
Contact: CAREinMIND Coordinator  
Phone: (03) 9347 1188  
Fax: (03) 9347 7433  
Email: [careinmind@mpcn.org.au](mailto:careinmind@mpcn.org.au)

**[www.mpcn.org.au/careinmind](http://www.mpcn.org.au/careinmind)**  
Level 1, 369 Royal Parade, Parkville, Victoria, 3052  
PO Box 139, Parkville, Victoria, 3052

CAREinMIND™



## Acknowledgements

We acknowledge the peoples of the Kulin nation as the Traditional Owners of the land on which our work in the community takes place. We pay our respects to their Elders past and present.

While the Australian Government Department of Health has contributed to the funding of this material, the information contained in it does not necessarily reflect the views of the Australian Government and is not advice that is provided, or information that is endorsed, by the Australian Government. The Australian Government is not responsible in negligence or otherwise for any injury, loss or damage however arising from the use of or reliance on the information provided herein.

**Our free counselling services  
are designed to support people  
aged 12 years and over.**



[www.mpcn.org.au/careinmind](http://www.mpcn.org.au/careinmind)

CAREinMIND is a free short-term psychological counselling service, assisting people to address a range of mental health issues including:

- Anxiety (e.g. sleep difficulties, panic attacks and general stress);
- Depression (e.g. low mood, poor motivation, low self-esteem);
- Perinatal depression;
- Drug and/or alcohol misuse;
- Relationship and family difficulties (e.g. conflict, separation, parenting difficulties);
- Life transition, and,
- Bereavement.

This service can provide up to 12 sessions per calendar year through the Access to Allied Psychological program (ATAPS) Services.

Specialist services are also available to support children and young people, and people at risk of suicide or self-harm.

### Eligibility and Referral

ATAPS services are available to people diagnosed with a mental health illness who hold a Health Care Card. Priority is given to those at increased risk of suicide and self-harm (appointments within 72 hours of referral), new mothers, children and young people, Aboriginal and Torres Strait Islanders and those affected by forced adoption or homelessness.

Counselling is available to patients of General Practitioners located in the Local Government Areas of Melbourne, Yarra, Moreland, Moonee Valley, Maribyrnong, Hobsons Bay, Wyndham, Brimbank, Melton, Hume, Darebin, Moorabool (part) and Macedon Ranges (part).

A GP needs to complete a Mental Health Treatment Plan and provide details to secure fax (03) 9348 0750. Referral forms are available on our website.

### Suicide Prevention Service (SPS)

This free service delivers intensive psychological counselling to people who are assessed by a GP as being at increased risk of self-harm or suicide. This may include people recently released from emergency services.

This service is not designed to support people who are acute or at immediate risk of suicide or self-harm.

### The SPS Provides:

- An intake appointment confirmed and conducted within 72 hours of referral;
- Free counselling sessions over eight weeks with a clinician credentialed in Suicide Prevention;
- Optional referral for ongoing counselling if required;
- 24 hour support/referral via the After Hours Support Service (1800 859 585); and,
- Formal liaison between clinician and GP regarding ongoing patient support and referral throughout the service.

Referrals require a short GP assessment which is available on our website.

### For More Information

Please contact the CAREinMIND Coordinator on (03) 9347 1188 or email [careinmind@mpcn.org.au](mailto:careinmind@mpcn.org.au)