

WHAT'S THE PROCESS?

Your GP will complete a Mental Health Treatment Plan with you and send a mental health referral for you to PRIMA.

Sometimes a PRIMA team member may need to contact you or your GP for further information. This will help us to make sure you receive the support you need. All mental health referrals, and any further information the PRIMA team might ask for is kept completely confidential. Both you and your GP will receive a letter to let you know what mental health service will be available to you.

Often, the PRIMA team will match you with a psychologist, social worker or mental health nurse so that you can receive care from them.

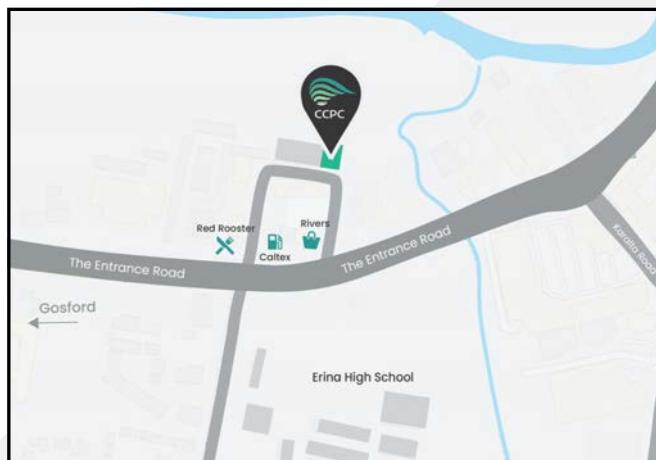
If you have seen someone before and would like to continue with them, we will try and ensure this happens. We will also try to match you with someone that is easy to travel to for appointments.

Sometimes, there may be a waitlist for services. If this happens we will keep you informed and may be able to suggest alternative services.


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All welcome here



PRIMA

*Mental Health
Access and Referral*

ABOUT PRIMA

The aim of PRIMA is to provide access to primary mental health services for people living with mental illness on the Central Coast. This includes people living in Residential Aged Care Facilities as well as in the community.

PRIMA will help people to get the care that is right for their individual needs. PRIMA will assess and triage all mental health referrals and then link them to services.

These services may be face to face with a psychologist, social worker or mental health nurse or they may include services that can be accessed by a computer or phone.

If you have any questions about the outcome of your referral you can contact the PRIMA team.

PRIMA. HELPING YOU ACCESS MENTAL HEALTH SERVICES

BENEFITS OF PRIMA

- PRIMA is free
- PRIMA will match you with the right level of care to best support you with your mental health
- PRIMA may be able to link you in with services that you hadn't previously known about

WHO IS THE PRIMA TEAM

The PRIMA team are a group of experienced mental health clinicians and mental health workers that assess and triage all mental health referrals. Their job is to make sure you receive the right level of mental health care at the right time.

