

3 STEP MENTAL HEALTH PROCESS – YOUR RECORD

Remember to ask for longer appointments with your GP.

1. Assessment

Date _____

Time _____

2. Mental Health Plan

Date _____

Time _____

3. Review

Date _____

Time _____

If you have any other health concerns, it's important to make an appointment to see your GP – even if it's before your next 3 Step appointment.

Copies of this and other brochures, and further information on mental health is available from the Mental Health and Special Programs Branch of the Department of Health and Ageing:
GPO Box 9848
Canberra ACT 2601
Phone: 1800 066 247
Fax: 1800 634 400
Web: www.mentalhealth.gov.au



TALK TO YOUR DOCTOR



THE 3 STEP MENTAL
HEALTH PROCESS

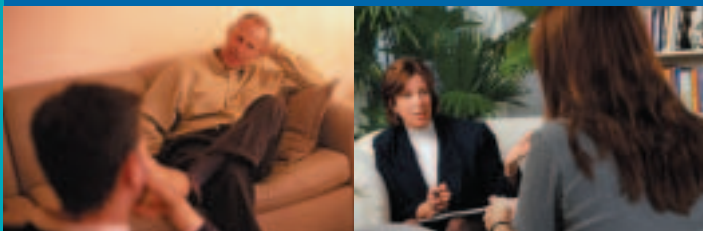


Better outcomes
in mental health care



Produced by the Commonwealth Department of Health and Ageing
as part of the National Mental Health Strategy.

YOUR GP IS INTERESTED IN YOUR MENTAL HEALTH AND WELLBEING



As many as one in five Australians may develop a mental illness at some stage in their lives.

Mental illnesses are diseases just like heart disease, diabetes or asthma. Everyone is vulnerable to mental health concerns, which can greatly affect your quality of life.

For many people, seeing their GP is the first step in seeking help to improve their wellbeing.

The Commonwealth Government and GPs are working together to improve the mental health of Australians through the *Better outcomes in mental health care* initiative.

The *Better outcomes in mental health care* initiative supports GPs to spend more time with people with mental health and wellbeing concerns. As part of this initiative, GPs will be trained to carry out the 3 Step Mental Health Process, which allows you and your doctor to form a thorough plan to manage and treat your concerns.

WHAT IS THE 3 STEP MENTAL HEALTH PROCESS?

The 3 Step Mental Health Process is a series of at least three longer appointments you make with your GP

1. The first step is assessment

You and your GP will:

- talk about your medical history, social situation and lifestyle to understand your concerns;
- fill out a brief, confidential questionnaire. This questionnaire will help both you and your GP measure your progress over time; and
- decide if you need a physical examination or tests.

2. The second step is developing a mental health plan

You and your GP will:

- plan ways to improve your mental health and wellbeing;
- prepare a written copy of the plan for your own use;
- ask any extra questions, or raise further concerns; and
- involve your family or carers in the planning, if you agree.

3. The third step is a review

This will be held 1–6 months after your plan has been developed.

You and your GP will:

- talk about how your mental health plan is working;
- fill out a questionnaire to measure your progress; and
- make changes to your plan if needed.

Even when you are feeling better, it's important to complete all three steps – like finishing a course of antibiotics – to ensure your treatment is on the right track. If something is troubling you between these appointments, you can make an appointment to see your GP at any stage.

WHAT IF I NEED URGENT ASSISTANCE?



Even when you're taking part in the 3 Step Mental Health Process, it's important to follow up any urgent mental health concerns rather than waiting for your scheduled appointment. You can contact:

- Your general practitioner
- Your community health centre
- Your school or university counsellor
- Your community mental health centre

For information on local services, check the Community Help and Welfare Services and 24-hour emergency numbers in your local telephone directory.

For immediate counselling assistance, telephone Lifeline on **13 1114**. Lifeline can provide you with contacts, further information and help.