

## Who can use this service?

This support service is **free of charge\*** to anyone who has concerns about coping with their own or their baby's emotional or mental wellbeing, and are **referred by a GP under the ATAPS Referral Guidelines**.

**CANCELLATION POLICY:** Please give a minimum of 24 hours notice if you cannot keep your appointment.

## Where are these services available?

Your GP will refer you to the nearest Health Provider offering this service in your region (as at September 2010)...

### For appointments

#### Castlemaine District Community Health (CHIRP)

13 Mostyn Street, Castlemaine  
Tel: (03) 5479 1000 Fax: (03) 5472 3221

#### Cobaw Community Health Service

47 High Street, Kyneton  
Tel: (03) 5421 1666 Fax: (03) 5428 0399

*David Younger Psychologist (Reach Counselling)*  
Gisborne, Whittlesea and Wallan Outreach  
Mob: 0401 490 433 Tel: (03) 9718 1989 Fax: (03) 9718 0089

#### Hepburn Health Services

13 Hospital St, Daylesford  
Tel: (03) 5321 6550 Fax: (03) 5348 1785

#### Macedon Ranges Health Services

5 Neal Street, Gisborne  
Tel: (03) 5428 0300

#### Mitchell Community Health Services Service Access and Care Co-ordination (SACC Team)

72 Ferguson Street, Broadford  
Tel: 1300 773 352 Tel: (03) 5784 5555 Fax: (03) 5784 5525

#### Sunbury Community Health Centre

12-28 Macedon Street, Sunbury  
Tel: (03) 9744 4455 Fax: (03) 9744 6777

#### Western Psychological Services:

##### Melton South

2 Exford Road, Melton South  
Tel: (03) 9746 8088 Fax: (03) 9746 8188

##### Wallan (Outreach)

Wallan MultiPurpose Center  
42 - 80 Bentinck Street, Wallan  
Tel: (03) 9746 8088

## Other helpful services...

24 hour maternal and child health advice...

> **Maternal & Child Health Line: 13 22 29**

24 hour general emergency health advice...

> **Nurse on Call: 1300 60 60 24**

Domestic violence counselling and referral...

> **Confidential Line: 1800 156 789**

Drug and alcohol related issues... > **Direct Line: 1800 888 789**

Support for family members of people  
who misuse alcohol and other drugs...

> **Family Drug and Alcohol Help: 1300 660 068**

Counselling for loss and grief... > **Griefline: (03) 9596 7799**  
(12pm-3pm, 7 days a week)

Counselling for children and young people up to the age of 25...  
> **Kids Help Line: 1800 551 800**

General telephone counselling... > **Lifeline: 131 114**

Counselling for men with family and relationship concerns...  
> **Mensline Australia: 1300 78 99 78**

Problem gambling... > **Gamblers Help Line: 1800 858 858**

24 hour state-wide crisis counselling, support and information...  
> **SuicideLine (Victoria): 1300 651 251**

State-wide mental health information, advice and referral...  
> **Mental Health Advice Line: 1300 280 737**

Nationwide crisis counselling...  
> **Suicide Call Back Service: 1300 659 467**

In an emergency or life threatening situation, you should still call 000.

All Calls are at the cost of a local call from anywhere in Victoria.  
(Calls from mobile phones may be charged at a higher rate.)

#### ACCESS TO ALLIED PSYCHOLOGICAL SERVICES (ATAPS)

Funded by the Australian Government's  
Department of Health and Ageing

...A PROGRAM MANAGED BY:

**Central Highlands**  
GENERAL PRACTICE NETWORK

For more information about the ATAPS program contact:  
Christine Borg, GP Consultant - Community Health Care  
Tel: (03) 5428 4848 Fax: (03) 5428 4842  
www.chgpn.com.au

# The road can be difficult.

# But talking about it WILL make a difference...

ACCESS TO ALLIED PSYCHOLOGICAL SERVICES (ATAPS)

## A FREE support service for those experiencing emotional or mental issues.

**Central Highlands**  
GENERAL PRACTICE NETWORK



## Do I have a problem?

The symptoms of ongoing emotional or mental stress, or the after-effects of a traumatic event, are not always immediately visible or apparent.

Sometimes they become obvious - at other times we might not even realise what effect they are having on us or the people around us.

## How do I recognise the effects?

Symptoms, signs or after-effects include ongoing:

- > tiredness, fatigue or feeling low
- > changes in appetite or weight
- > poor concentration or difficulty making decisions
- > feelings of restlessness or being 'on edge'
- > persistent anger or violent tendencies
- > withdrawal from family and social activities
- > insomnia or other sleeping difficulties
- > feelings of helplessness or being unable to carry on
- > other persistent mental or emotional issues
- > parents with infants who feel overwhelmed, sad, depressed, anxious or panicky

## What help is available for me?

The Federal Government funds a support program known as **Access to Allied Psychological Services (or ATAPS)** specifically for people who need support to help deal with ongoing emotional or mental stress.

This program provides up to 6 FREE sessions with a trained counselling professional - more if required after a review with your GP.

## Talking about it WILL make a difference...

'Unburdening' your concerns to someone who understands your particular situation will help you:

- > 'unload' in a safe and supportive situation
- > discuss different ways to handle particular problems, concerns or issues
- > better understand the effects of your experience
- > recognise the positive things you have been doing and other resources you can use to help yourself



## What is involved?

These sessions take place at several locations within your region. Individual sessions take about an hour. Group sessions may also be available. All sessions are totally confidential and are conducted under strict professional guidelines.

## What if I don't want to continue?

There is no need to attend all sessions - that's for you, your GP and counsellor to determine.

## What does it cost?

Nothing. **It's a free service** when referred by a GP under the ATAPS Referral Guidelines.

## How do I access this service?

Simply discuss an ATAPS referral with a GP of your choice.

*If they are not familiar with the ATAPS program they can contact Christine Borg at Central Highlands General Practice Network (CHGPN) on (03) 5428 4848.*

## What if I don't have a regular GP?

Check your White Pages or Local Shire Directory, or search by 'GP' or 'Dr' at [www.truelocal.com.au](http://www.truelocal.com.au)

## Is there any follow up?

It is important for your peace of mind to monitor your wellbeing with a simple follow up appointment with your GP to review the value of these sessions, and refer for additional sessions if they are required.

## If I'm not sure about all this ...who can I talk to?

Simply contact Christine Borg at **Central Highlands GP Network** on (03) 5428 4848 and she will be happy to answer any questions you might have.

*If you have any issues, concerns or complaints about services you have received through the ATAPS program please contact CHGPN.*