

# Mental Health Shared Care



Country &  
Outback Health

***An integrate approach between services to assist individuals (16+) with complex mental health needs, requiring a high level of support.***

Mental Health Shared Care is a therapeutic mental health service aims to assist individuals with complex mental health needs to increase their capacity to manage their physical and mental health, avoid relapse through early intervention or the onset of acute symptoms, and also support people with connecting to other services to support their mental health where identified.

# Mental Health Shared Care

In one-on-one appointments with a mental health clinician, you will have the opportunity to:

- Identify triggers that increase your feelings of distress and uncertainty
- Work with your clinician to develop personalised coping strategies
- Address any other areas of concern relating to your mental health

Many aspects of life can impact your mental health, in some cases your mental health clinician may:

- Discuss with you other mental or physical health needs that could benefit from additional support
- Identify or introduce you to other health and community services that can provide these supports
- Our mental health clinicians will keep your doctor involved in your care every step of the way, supporting a team approach to improving your health and wellbeing.

To access this FREE service in Kadina, Port Augusta and Whyalla, speak to your doctor about accessing this service through Country & Outback Health and they will complete a referral on your behalf.

Referrals submitted directly from other external agencies involved in your care are also accepted.

*Country & Outback Health is a not-for-profit organisation that provides a range of mental health, general health and NDIS support services to South Australians living in rural and regional areas.*



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***Please phone us or visit our website for more information***

**P: 8644 4900**  
**[www.cobh.com.au](http://www.cobh.com.au)**

Funded by



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Country & Outback Health is not an emergency service. If you require immediate support or medical assistance contact Emergency Services on 000 or go to your local hospital. For non-emergency assistance contact the following 24-hour support lines: • healthdirect 1800 022 222 • Regional Access 1300 032 186 • Lifeline 13 11 14 • Mental Health Emergency 13 14 65 • 13 YARN 13 92 76 • QLife 1300 555 727 • Kids Helpline 1800 55 1800