

# CREDENTIALLED MENTAL HEALTH NURSE CLINIC - HEALTHY MINDS



The Credentialed Mental Health Nurse Clinic provides specialised mental health care by highly trained and qualified nurses. Our Credentialed Mental Health Nurses have undergone specialised mental health training and have been recognised by the Australian College of Mental Health Nurses (ACMHN) to be able to provide mental health care under Medicare.

We offer a safe and supportive environment for people experiencing mental health challenges. Services we offer include:

- **Mental Health Assessments:** We'll work with you to understand your mental health needs and provide personalised care.
- **Care Planning:** Together, we'll develop a tailored care plan to support your recovery and well-being.
- **Therapeutic Support:** From managing medications to counseling, we provide ongoing care and treatment.
- **Collaboration with Health Experts:** Our nurses work alongside doctors, psychologists, and other professionals to give you the best possible care.
- **Support for Families:** We also offer guidance and support for your loved ones.

This program has been designed to meet the National Standards for Mental Health Services (NSMHS). For more information on the standards use the QR code.



## WHAT IS A CREDENTIALLED MENTAL HEALTH NURSE (CMHN)?

The ACMHN Credential is the nationally consistent standard for recognition of specialist mental health nurses. Credentialing ensures recognition of the qualifications, skills, expertise, and experience of nurses who are practicing as specialist mental health nurses.

## HOW TO ACCESS THE SERVICE

- **To access the service, you will need to be referred by your General Practitioner (GP) to our Credentialed Mental Health Nurse Clinic.**
- When accessing the service for pregnancy support counselling, you can be eligible for 3 in person OR telehealth Medicare rebated sessions per pregnancy.
- When accessing the service for complex mental health conditions you can be eligible for up to 5 Medicare rebated sessions.
- If you are wanting further sessions with the Mental Health Nurse, this is available with an out-of-pocket cost per session of \$125 per session.

## WHERE OUR SERVICES OPERATE FACE TO FACE

### Western NSW

- Baradine
- Binnaway
- Bogan Gate
- Bundella
- Brewarrina
- Collarenebri
- Condobolin
- Coolah
- Coonabarabran
- Coonamble
- Cumborah
- Dunedoo
- Gilgandra
- Goodooga
- Gulargambone
- Lightning Ridge
- Mendooran
- Narromine
- Nyngan
- Peak Hill
- Rowena
- Tooraweenah
- Tomingley
- Tottenham
- Trangie
- Trundle
- Tullamore
- Walgett
- Warren

### Murrumbidgee NSW

- Ardlethan
- Darlington Point
- Lake Cargelligo
- Hillston
- Leeton
- Narrandera
- Urana
- West Wyalong

### Western QLD

- Goondiwindi
- Inglewood
- Hebal
- Mungindi
- St. George

### Hunter New England NSW

- Boggabri
- Coroona
- Curlewis
- Glen Innes
- Gunnedah
- Guyra
- Inverell
- Merriwa
- Narrabri
- Premer
- Spring Ridge
- Tenterfield
- Wee Waa
- Werris Creek

### Southcoast NSW

- Bega
- Eden
- Tathra
- Bermagui
- Merimbula

### Gippsland VIC

- Mallacoota
- Lakes Entrance
- Orbost
- Cann Valley
- Marlo

## Telehealth anywhere in Australia



## Helpful Contact Numbers

### Mental Health Line - 1800 011 511

24-hour help and advice

### Head to Health Line - 1800 595 212

Head to Health Referral Line

### Lifeline - 13 11 14

Anyone having a personal crisis

### 13 Yarn - 13 92 76

Aboriginal & Torres Strait Islander crisis support line

### Kids Helpline - 1800 55 1800

Counselling for young people aged 5 to 25

### Q life - 1800 184 527

Counselling and support for LGBTQI+ people in Australia

### Suicide Call Back Service - 1300 659 467

Anyone thinking about suicide

### PANDA - 1300 726 306 -

Counselling for ALL parents with perinatal mental health concerns and stress

### Beyond Blue - 1300 22 4636

Anyone feeling anxious or depressed

### MensLine - 1300 78 99 78

Counselling and support service for men

### Open Arms - 1800 011 046

Veterans and families counselling

### 1800RESPECT - 1800 737 732 or txt 0458 737 732

Support for sexual, domestic & family violence