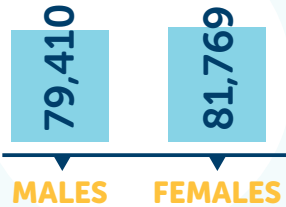


# Barossa Hills & Fleurieu

**POPULATION:**  
**161,179**



**23,056**  
AGE PENSION

**SERVICES:**



## Mental Health



The Barossa, Hills & Fleurieu region is:



Above the state average rate for:

- Psychological Therapy Services referrals
- GP Mental health plans prepared
- Anti-depressant prescriptions (Barossa and Fleurieu)
- Regional SA is above the state and national average for deaths by suicide



Below the state average rate for:

- Self-reported mental health conditions and psychological distress (SAMSS)
- Anxiolytic prescriptions

## Mental Health, Alcohol and other Drugs



Community Consultations – Key Recommendations



A need for local and immediate crisis intervention



The need for fast and effective responses that are localised



Psychosocial recovery packages to prevent escalation into acute care



The need for seamless transition for clients through all levels of mental health care



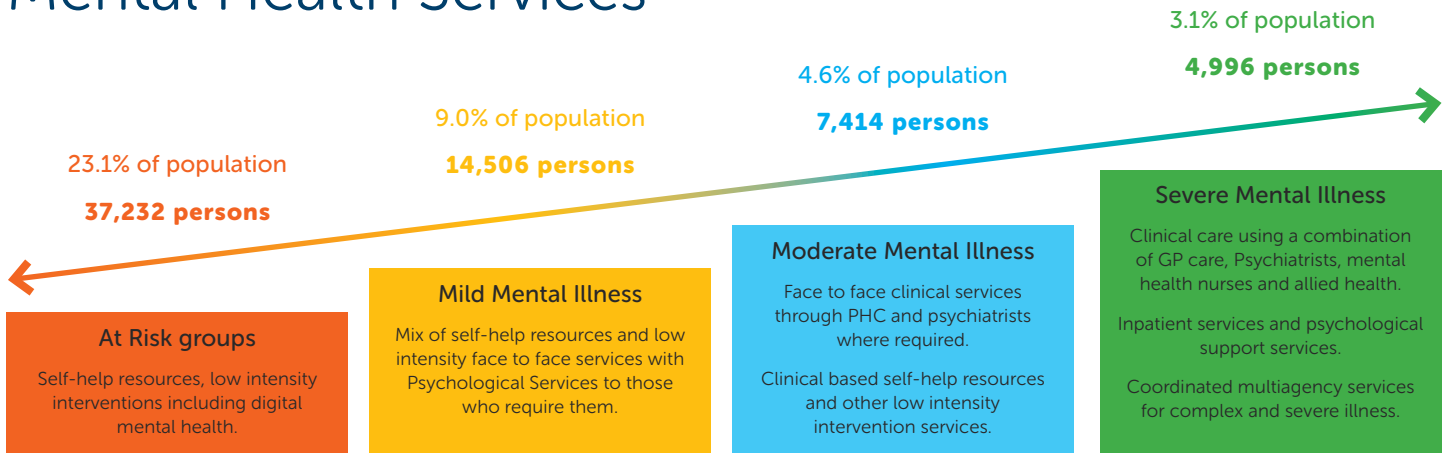
Better integration of state, federal and philanthropic funding, along with improved consultation, planning, partnering and service design



A central point of entry staffed to direct and inform consumers, carers and others to services

# Regional Stepped Care

## Barossa, Hills & Fleurieu Mental Health Services



**At Risk groups**  
Self-help resources, low intensity interventions including digital mental health.

**Mild Mental Illness**  
Mix of self-help resources and low intensity face to face services with Psychological Services to those who require them.

**Moderate Mental Illness**  
Face to face clinical services through PHC and psychiatrists where required.  
Clinical based self-help resources and other low intensity intervention services.

**Severe Mental Illness**  
Clinical care using a combination of GP care, Psychiatrists, mental health nurses and allied health.  
Inpatient services and psychological support services.  
Coordinated multiagency services for complex and severe illness.

**Low Intensity Mental Health Service**  
**Regional Access**  
Whole of Barossa/Hills/Fleurieu:  
• Low Intensity Psychological services via telephone, video or online chat psychotherapy sessions  
Provider: On The Line

**Suicide Prevention Services – Aftercare**  
Post suicide attempt coordinated assertive aftercare, rapid follow up on discharge, coordination of clinical and non-clinical care. Brief contact and therapy interventions for 3 months after a suicide attempt with support to adhere to treatment and problem-solving counselling  
• Mt Barker  
• Strathalbyn  
Provider: Anglicare

**PHN Flexible funding – targeted Mental Health**  
Counselling in early childhood and adolescence - Barossa region  
• counselling children and adolescents with or that are at risk of developing a mental health disorder  
• psycho-education around effective parenting and behaviour management  
• support service to local school and teachers through case management intervention and child behavioural focused information sessions  
Provider: CobH

**Psychological Therapy Services (PTS) Mental Health Clinicians**  
• Angaston (NHN) • Kapunda (NHN) • Oakbank (SH)  
• Gawler (NHN) • Mount Barker (SH) • Stirling (SH)  
• Gumeracha (SH) • Nairne (SH)  
• Kangaroo Island (SH) • Nuriootpa (NHN)  
**Suicide Prevention** referral pathways embedded into Psychological Therapies for those at risk of, or have attempted, suicide or self-harm.

**Commissioned Services Legend:**  
Country SA PHN commissioned mental health services  
Country Health SA Local Health Network and commissioned mental health services

**Emergency Triage and Liaison Service**  
**Rural and Remote Inpatient Unit**  
23 bed Acute Inpatient service  
**Adelaide Hills Community Health Service**  
Mental Health Team  
**Victor Harbor Southern Fleurieu Health Service**  
Mental Health Team  
**Kangaroo Island**  
Mental Health Team  
**Inner North Country Health Service**  
Mental Health Team  
**Individual Psychosocial Rehabilitation Support Services (IPRSS) – Life Without Barriers/Neimi**  
**Accommodation Support Program (ASP) – UCW Country Wakefield**

**Youth Complex Care Services via MMGPN**  
Mount Barker  
Victor Harbour  
Goolwa  
Strathalbyn  
**Clinical Care and Coordination (Triple C)**  
Mental Health Nurse  
• Kapunda (KMC)  
• Mount Barker (MMGPN)  
• Gumeracha (MMGPN)  
• Strathalbyn (MMGPN)  
Provider: Kapunda Medical Centre  
**Partners in Recovery (PIR)**  
• Barossa  
• Gawler  
• Nuriootpa  
Provider: Country & Outback Health

This stepped care continuum represents joint service mapping and collaboration between **Country SA PHN** and **Country Health SA Local Health Network**.

Source data: PHN Primary Mental Health Care Flexible Funding Pool Implementation Guidance

