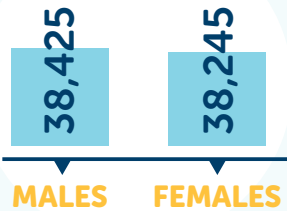


## POPULATION: 76,670



**3%**  
INDIGENOUS

**18%**  
AGE PENSION

## SERVICES:

**24**  
General Practices

**2**  
General Practice Outreach Services

**101**  
GPs

**18**  
Public Hospitals and Health Services

**46**  
Mental Health Services

## Mental Health



### The Yorke and Northern region is:



Above the state average rate for:

- Self-reported current mental health conditions (SAMSS)
- Anti-depressant and antipsychotic prescriptions (Adults) (Yorke SA3)
- Anxiolytic prescriptions (Adults) (Yorke SA3)



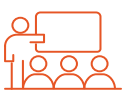
Below the state average rate for:

- Psychological Therapy referrals
- GP Mental Health Plans Prepared

## Mental Health, Alcohol and other Drugs



### Community Consultations – Key Recommendations



Early intervention, harm prevention and training for schools, youth and the greater community



Integration of mental health and AOD services to enable a smoother transition for patients with comorbidities



Improved coordinated discharge planning to ensure on-going support in the local community



The need for clinical support to be flexible and accessible in its implementation



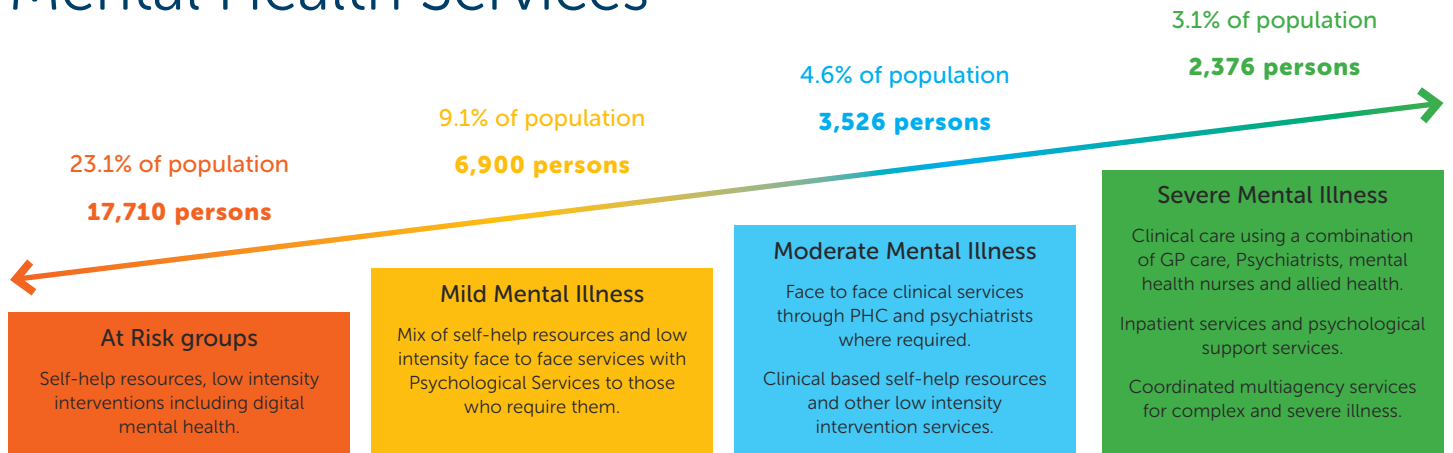
A need for extensive service mapping to improve access to services for clients and identify limitations in service



Increased promotion of available services and a reduction in waiting periods

# Regional Stepped Care

## Yorke and Northern 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 Yorke and Northern:  
• Low Intensity Psychological services via telephone and online counselling available 24 hours a day, seven days a week  
Provider: On the Line

**headspace (COBH)**  
Port Pirie and Port Augusta:  
• Port Pirie (Outreach 2 days)  
• Port Augusta

**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  
• Port Pirie  
• Yorke Peninsula  
Provider: Country and Outback Health

**Psychological Therapies (COBH)**  
Kadina, Yorketown & Clare:  
• Mental Health Clinicians  
• SP referral pathways

**Lower North MHS (Clare)**  
**Yorke Peninsula MHS**  
Minlaton & Kadina  
Point Pearce  
**Mid North Community Mental Health**  
Port Pirie  
**Youth Clinical Care and Coordination**  
• Clare, Balaklava, Burra (via Clare Medical Centre)  
• Port Augusta (via headspace)  
**Clinical Care Coordination (CCC - COBH)**  
Port Pirie, Jamestown, Clare & Peterborough:  
• Mental health Nurse  
**Partners in Recovery (COBH)**  
Port Pirie, Clare & Kadina

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

**UCW Country SA**  
Mid North Region:  
• Community Country Living Program  
**Accommodation Support Program (Centacare)**  
Lower North  
**Community Support Scheme**  
**Individual Psychosocial Rehabilitation Support Services (IPRSS) (UCW)**  
**UCW Port Adelaide hub**  
Port Pirie

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

