

Mental Health Multidisciplinary Team Program

The Mental Health Multidisciplinary Team Program (MDT) provides support for people living with severe and/or complex mental health needs in Victoria's Great South Coast.

The program provides an enhanced coordination of care by improving the connection between providers, allowing for a more seamless support to address co-occurring support needs.

About the Mental Health Multidisciplinary Team Program

Mind's mental health team employed under the program work as care coordinators and allied health clinicians to help ensure people with complex mental health needs are safely supported and managed within their local community. The program offers structured, intensive clinical care for up to two years, depending on individual needs. Services are delivered using:

- structured psychological support
- a person-centred framework
- a trauma-informed approach.

The mental health clinicians or care coordinators focus on:

- collaborating with GPs and primary care providers
- coordinating their work with existing mental health and social services
- supporting individuals to build sustainable formal and informal support networks
- ensuring a smooth and successful transition out of the program.

Who is the Mental Health Multidisciplinary Team Program for?

The program is designed for people who:

- have severe and/or complex mental health needs
- experience episodic or persistent mental illness
- are significantly impacted in their day-to-day lives
- may be experiencing social or environmental stressors related to their mental health
- Assessed at Levels 3-4 of the Initial Assessment Referral Decision making tool.

Why choose Mind Australia for support?

Mind Australia provides individualised, evidence-based and recovery focused support to more than 25,000 people experiencing mental health and wellbeing concerns in Australia every year.

How to register my interest?

Call Mind Connect on 1300 286 463 to chat with our friendly team today.

How to refer for Primary Care and other agencies?

Mind Australia

Mind Connect: 1300 286 463

e : rcpgsc@mindaustralia.org.au

f : 03 9124 1523

This program is supported by Western Victoria Primary Health Network.



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