

Step Thru Care (STC) & Multi-Disciplinary Team (MH-MDT) Referral Form

Step Thru Care (STC) is available to support people with low level needs, to mild and severe mental health issues and/or alcohol and other drugs support needs. In particular, the program is available to people in the following priority groups within the Great South Coast catchment.

Criteria:

- People with low income (e.g. health care card holders)
- People experiencing perinatal depression
- People in areas impacted by natural disaster (e.g. drought)
- People who live in rural or remote areas
- People who identify as Aboriginal and/or Torres Strait Islander
- People who identify as LGBTIQ+
- People from cultural and linguistically diverse (CALD) backgrounds
- Children under the age of 12 years
- People experiencing short-term displacement or homelessness
- People not in receipt of a NDIS plan
- People experiencing or at risk of domestic violence

The Mental Health Multi-Disciplinary Team (MH-MDT) Program delivers integrated, coordinated care for people living with severe and/or complex mental health needs in the Great South Coast catchment.

Criteria for those 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

Receiving STC & MH-MDT service should not be duplicative of other mental health services being provided. People aged 12–25 should be referred to Headspace in the first instance. Please include any supporting documentation if available, including mental health assessments/ psychiatric review. STC and MH-MDT are not crisis services, please refer to Southwest Healthcare if acute risk is present **1800 808 284**.

How to Refer

Mind Connect Self-Referral

1300 286 463

GP and Formal Supports to email referral form to: rcpgsc@mindaustralia.org.au.

Please ensure this is encrypted or password protected.

Mind Australia supports

Consumer Details

Details	
First Name	
Last Name	
Date of Birth	
Gender	
Pronouns	
Phone Number	
Address	
Place of Birth	
Main language spoken	
Indigenous status	
Source of Income	

Priority Indicators

	Yes	No
Health Care Card		
NDIS		
Homeless		
At Risk of Homelessness		
Mental Health Care Plan		
Identifies as LGBTIQ+		

Supports and GP Details

Details	
Emergency Contact	
Current Mental Health Supports. Yes <input type="checkbox"/> No <input type="checkbox"/>	
GP Name / Clinic	
GP Contact Details	

Referrer Details

Details	
Referrer Name	
Organisation	

Details

Phone Number
Email

Clinical Information

Details

Principal Diagnosis
Additional Diagnoses
Main Substance
Other Substance
Quantity / Frequency
Legal / Corrections / Child Protection / IVO

Current Medication

- Antidepressants
- Antipsychotics
- Anxiolytics
- Psychostimulants
- Hypnotics

Medication Details:

Risk Summary

	Yes	No	Details
Current suicidal ideation			
Recent suicide attempt			
Self-harm concerns			
Violence / aggression risk			
Child safety concerns			
Other urgent risks			

Reason for Referral

Goal for seeking Mental Health Support