

Targeted Psychological Therapies

Targeted Psychological Therapies (TPT) replaces the former Access to Allied Health Psychological Services (ATAPS) and Mental Health Services in Rural and Remote Areas (MHSRRA). TPT is designed to complement MBS Better Access psychology services funded by Medicare, not be in place of these services.

Support (up to three sessions) can be accessed as a Provisional referral prior to having a Mental Health Treatment Plan if the referral is urgent (within 24-48hrs), low risk of suicide, or a priority i.e. for young children.

Referrals can also be made for patients to access MBS Better Access through this referral process

(these services are funded through MBS item numbers).

After a patient has exhausted all of their MBS Better Access sessions (maximum 6+4 Mental Health Treatment Plan MBS), and it is clinically appropriate for additional time, limited support of up to five supplementary sessions can also be provided.

Some TPT providers may deliver Groups where clinically appropriate and suited to the client.

→ ELIGIBILITY CRITERIA

People must reside in the Darling Downs and West Moreton region, have a mild to moderate mental health illness and fall into one of the

following targeted demographics which focus on vulnerable cohorts, including (but not limited to):

- children under the age of 12 years;
- people experiencing or at risk of, homelessness;
- women experiencing perinatal depression;
- people with intellectual disability (dual diagnosis);
- people from culturally and linguistically diverse (CALD) backgrounds;
- people living in rural and remote communities;
- population groups that are the subject of separate guidance material (Aboriginal and Torres Strait Islander people, people at risk of suicide and young people).

→ WHO CAN REFER?

Referrals must be made by GPs.

→ REFERRAL PATHWAY

GPs will need to refer through referHEALTH, our e-Referral system.

Urgent/Priority & Provisional referrals will be accepted which allow for the patient to receive up to three psychological therapy sessions before requiring a Mental Health Treatment Plan as clinically appropriate. Communication will occur between the service provider and the GP to ensure continuity of care.

PROVIDER	SERVICE REGION/AREA	CONTACT PERSON	CONTACT DETAILS
Alexandra Bryant, specialises in children 0 - 12	Toowoomba with some outreach within the Darling Downs	Alexandra Bryant	P 07 4637 9045 or 0438 840 782 E alexbryant@bigpond.com F 07 4642 1410
Artius Health	Ipswich and Lockyer Valley	Shayne Dearling	P 1300 278 487 E WMReferrals@artius.com.au F 07 3282 9103
Barry Sheehan	Jandowae and Chinchilla	Franki Treccase	P 0417 752 768 E barry@barrysheehan.com.au F 07 4632 4041

PROVIDER	SERVICE REGION/AREA	CONTACT PERSON	CONTACT DETAILS
Centre for Healthy Living	Warwick. Also accepts referrals from Clifton, Allora, Killarney, Stanthorpe, Inglewood, Wallangarra and rural populations around these centres.	Gordana Sloss	P 07 4661 3340 E admin@centreforhealthyliving.com.au F 07 4667 1333
Gillian Bensley	Allora, Clifton and Inglewood	Gillian Bensley	P 0417 618 211 E gillian.bensley@bigpond.com
Heather Linsley	Dalby	Heather Linsley	P 0473 491 022 E hlinsley@bigpond.com F 07 3532 5117
Creative Holistic Counselling	Chinchilla and Miles	Helen Druce	P 07 4665 5618 or 0427 974 761 E helen@creativeholisticcounselling.com.au
Goolburri Health Advancement Co	Texas	Wade Collinson	P 07 4632 0338 E hwb@goolburri.org.au F 07 4632 0548
Illuminable Minds	Toowoomba	Nadja Jones	P 0459 606 717 E nadjajones@me.com
Lainie Nicholson	South Burnett, specifically Kingaroy, Murgon and Blackbutt	Lainie Nicholson	P 0411 024 834 E lainienicholson@gmail.com F 07 5315 0886
Lifeline Darling Downs and South West	Toowoomba for DBT Group Program	Sarah Owens and Alison Smith	P 1300 991 443 or 0448 003 159 E lifeline@lifelinedarlingdowns.org.au F 07 4699 1610
Lumsden Psychology	Toowoomba and Oakey	Marguerite Lumsden	P 0427 647 847 E therapy@myapollo.com.au
Mindware Psychology	Toowoomba, Crows Nest and Millmerran. Also accepts referrals from across the Darling Downs region.	Veronica McKeon	P 07 4646 4953 or 0426 294 015 E contact@mindwarepsychology.com.au F 07 4646 2452
Nadine Hinchliff Therapy Services	Kingaroy with some outreach to Nanango. Telephone and telehealth outreach services are also offered for South Burnett.	Nadine Hinchliff	P 0408 369 103 E nadine.hinchliff@gmail.com F 07 4163 5014
Rural Sky	Goondiwindi region with outreach services provided to Inglewood	Katherine Johnstone and Suzie Collins	P Katherine: 0475 391 260 Suzie: 0438 711 500 E referral@ruralsky.com.au
Searle Psychology & Mediation	Stanthorpe	Elizabeth Searle	P 07 4681 4434 E searlepsychologymediation@gmail.com F 07 4681 3309
Therapy Pro	Ipswich, Lockyer Valley, Scenic Rim and Somerset regions, including outreach services to these regions. Also services Blackbutt.		P 1300 004 414 E info@therapypro.com.au F 07 3112 4203 W www.therapypro.com.au/mental_health/