

About our Mild to Moderate Mental Health Services

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 to replace 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

Targeted Psychological Therapies emphasise providing treatment to people who may not otherwise have access to services, focusing on vulnerable and marginalised groups, including the following:

- 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 living in rural and remote communities,
- people from culturally and linguistically diverse (CALD) backgrounds,
- population groups that are the subject of separate guidance material (Aboriginal and Torres Strait Islander people, people at risk of suicide and young people).

Targeted Psychological Therapies Providers

Darling Downs and West Moreton PHN currently fund 18 mental health service providers to deliver Targeted Psychological Therapies in the Darling Downs and West Moreton region.

See the list of providers on next page.

→ WHO CAN REFER?

Referrals must be made by GPs.

→ REFERRAL PATHWAY

- Fill out the Mental Health Stepped Care Referral Form.
- Send the referral form to the relevant provider via fax or through Medical Objects. Referrals cannot be made via email.

The referral form can be accessed by visiting:

www.ddwmpnh.com.au/referral-forms

To find out more about Primary Mental Health Services funded by the PHN, visit our Interactive Services Map: www.ddwmpnh.com.au/services-map?category=mental-health

→ WANT TO KNOW MORE?

For more information about how these Mild to Moderate Mental Health Services sit within Darling Downs and West Moreton PHN's stepped care approach to mental health, please see our Mental Health Program Fact Sheet.

Mental Health Transition

Mild to Moderate Services

Targeted Psychological Therapies Providers

Please note: ALL referrals must be sent via fax or Medical Objects.
Referrals cannot be made via email.

PROVIDER	SERVICE REGION/AREA	CONTACT
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	Barry Sheehan (accepts referrals through Medical Objects) P 0417 752 768 E barry@barrysheehan.com.au F 07 4632 4041
Centre for Healthy Living	Clifton, Allora, Killarney, Warwick, Stanthorpe, Inglewood, Wallangarra and the 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
Goolburri Health Advancement Co	Texas	Wade Collinson P 07 4632 0338 E kylew@goolburri.org.au F 07 4632 0548
Heather Linsley	Dalby	Heather Linsley P 0473 491 022 E hlinsley@bigpond.com F 07 3532 5117
Helen Druce	Chinchilla and Miles	Helen Druce (accepts referrals through Medical Objects) P 07 4665 5618 or 0427 974 761 E helen@creativeholisticcounselling.com.au
Illuminable Minds	Toowoomba	Nadja Jones (post referrals to 13 Isabel St, Toowoomba or send with patient) 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 P 1300 991 443 or 0448 003 159 E sowens@lifelinedarlingdowns.org.au F 07 4699 1610
Lumsden Psychology	Toowoomba and Oakey	Marguerite Lumsden (accepts referrals through Medical Objects) P 0427 647 847 E therapy@myapollo.com.au
Mindware Psychology, specialises in children 0 - 12	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 (please call to make a referral) P Kath: 0475 391 260 Suzie: 0438 711 500 E referral@ruralsky.com.au
Searle Psychology & Mediation	Stanthorpe	Elizabeth Searle P 07 4681 4434 E seajohn01@gmail.com F 07 4681 3309
Therapy Pro	Services Ipswich, Lockyer Valley, Scenic Rim and Somerset including outreach services to these regions. Also services Blackbutt.	Lara Strohfeltd P 1300 004 414 E info@therapypro.com.au F 07 3112 4203