

MH Connex

About MH Connex

The MH Connex program helps connect people who are experiencing severe and complex mental health issues to the right mental health care at the right time.

It is a recovery-oriented program provided in the community by experienced mental health practitioners.

The mental health practitioner works together with your GP to provide emotional and psychological help and connect you with local support services to actively encourage you with your recovery journey.

About the mental health practitioner

Through MH Connex, a mental health practitioner will:

- Contact you (by telephone or in person) on a regular basis to provide the support you need.
- Provide you with ongoing mental health education, including coping strategies and medication management support.
- Work with you to sustain your existing support networks and relationships.
- Connect you with local support services to support your ongoing journey of recovery.
- Ensure you remain informed, motivated and committed to your mental health treatment plan.
- Work with you to provide time-limited intervention with clearly agreed goals.
- Support you with medication compliance and queries in-between GP consultations.
- Help you if your symptoms become more severe.

How can I or someone I know access MH Connex?

During an appointment with your GP you can discuss if the program is right for you. If it is, your GP will ask for your consent for a referral to MH Connex.

What will happen next?

During the first few meetings (either by telephone or face to face) a treatment plan will be developed between you, your GP and your mental health practitioner. Intervention will be regularly reviewed.

Your practitioner will then arrange regular contact with you to support your recovery.

How much does the MH Connex program cost?

The program is provided at no cost to people 18 years and over with a Mental Health Treatment Plan.

Want to know more?

For more information on this program, please speak to your GP.

For specific information on the role of the face-to-face practitioner please contact: **1800 742 466**

For specific information on the role of the telephone practitioner please contact: **1800 532 020**

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