



Mental health support when you need it.

**Better
together**



What is Access+?

Psychological Access+ is a program providing people with assistance for short-term psychological interventions. The service is primarily for those who have difficulty accessing appropriate mental health supports (including psychology) due to financial challenges or other circumstances.

The program is short-term and intended to support people with mild to moderate mental health concerns. If longer-term supports are needed, you may be able to access other services through Medicare Mental Health by contacting the triage team on 1800 595 212 to discuss your needs further.

How can Access+ help?

Under Access+ a range of services are available to provide practical assistance from mental health professionals including psychologists, mental health nurses, and Aboriginal and Torres Strait Islander health workers with specific mental health qualifications.

Who is eligible?

Access+ is for people experiencing mental ill-health, drug and alcohol issues or who are at risk of suicide or self-harm, including:

- People experiencing, or at risk of, homelessness
- People with personality disorders
- Children and young people

- Women who are pregnant or have a child under 12 months of age and are experiencing perinatal depression
- People with intellectual disability and co-occurring mental illness
- People at risk of, or experiencing, an eating disorder

How can I participate?

To participate in Access+ your GP will discuss your needs and, with your consent, provide your information to our triage team at Medicare Mental Health, operated in Northern Sydney by Primary & Community Care Services (PCCS). A team member will conduct a brief assessment with you, and if Access+ is your best service option, they will then organise your mental health support services.

Feel free to reach out to our friendly team for more information and to discuss access to the program.

Contact PCCS

 (02) 9477 8700

 enquiries@pccs.org.au

 pccs.org.au/access-plus



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