

## How can I get in touch with the Older People's Mental Health Service?

If you are looking for mental health assistance or support, a good place to start is your GP.

Your GP can refer you to the Older People's Mental Health Team near you with a letter of referral.

Alternatively, you or your family can call your local Community Mental Health Service and ask to speak to the Older People's Mental Health Team.

## How Long Will I Wait to Talk With Someone?

The team will call you within three working days of receiving the referral and then together we will arrange a time to see you at your preferred setting – either at home or the community mental health centre.

Most people are seen within two weeks of accepting the referral. If you do not need an appointment or we are not the right service, we may recommend other services to suit your needs.

## The First Appointment

When we meet with you, we will ask you about the concerns you or others may be having about your mental health. This appointment usually takes an hour and a half.

We will ask questions to get to know more about you, your background, culture and what makes life meaningful to you and what may be worrying you.

We may ask you to do activities to check for difficulties in your thinking, feeling and mood.

We will also help you to get your physical health checked and see if you have any risks such as having a fall.

## Extra Supports

We will also ask if you would like access to other supports as part of your care.

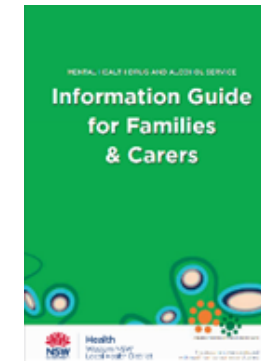
This may include an Aboriginal Health Worker, Peer Worker or other relevant cultural services and supports such as the Transcultural Mental Health Team.



## Family and Carer Support

Families and carers play an important role in supporting someone living with a mental health concern.

Our Information Guide for Families and Carers provides details about accessing Mental Health, Drug and Alcohol services, and family and carer support, websites, and helplines. Scan the QR code to download a copy.



## What's Next?

We will work with you and your family to make sure you get the care you need including with your GP, other mental health services, aged care and home and community services.

If you don't need ongoing support from our team, we will talk to you about how to look after your mental health and wellbeing and how you can contact us again if you need to.

## What do the Older People's Mental Health Team do?

The Older People's Mental Health Team provide treatment and care for people over 65 years or for Aboriginal people over 50 years (with medical or cognitive needs related to ageing).

We work with you, your family or carers, GP's or supports to assess your treatment and recovery goals.

Treatment and care options are discussed with you and may include: counselling, reviewing and recommending medication, working with you to develop self-care skills and helping you to access other supports and services.

“What the Older People's mental health team do is wonderful. They help people in distress and follow up in the community, they are so empathetic and show a great understanding of their clients

**Mrs N, 68 yrs old, Orange**”

## Contact us

### Community Mental Health Teams

Bathurst	6330 5850
Cowra	5338 5700
Dubbo & regions	6881 4000
Forbes	6850 7300
Orange	6369 2030
Parkes	6861 2570
Mudgee	6371 9801

**Mental Health Line 1800 011511**

For more information on Mental Health Services scan the QR code or visit <https://wnswlhd.health.nsw.gov.au/>



# Older People's Mental Health Service



Western NSW Local Health District