



## Please remember!

Referrals can only be accepted for the specific Residential Aged Care Facilities mentioned within this brochure.


Referrals must be through GPs and/or RACF staff through the Amity Health referral form.

## PRIMARY MENTAL HEALTH CARE SERVICE IN RESIDENTIAL AGED CARE FACILITIES (RACF)

A guide for GPs, Health Practitioners and specified RACF's in the **Wheatbelt** region

### How can I get in touch with Amity Health?

To discuss a resident's eligibility and referral to the program, please call Amity Health and ask to speak with the Mental Health Coordinator or Senior Mental Health Clinician.

 (08) 9842 2797

 [query@amityhealth.com.au](mailto:query@amityhealth.com.au)

 [www.amityhealth.com.au](http://www.amityhealth.com.au)



Amity Health acknowledges WA Primary Health Alliance (WAPHA) for providing funding in its role as the operator of the Country WA PHN,

Providing Health & Wellbeing Solutions

## Who are Amity Health?

Amity Health is a not-for-profit organisation providing health and community programs and services to people living in regional areas across the Great Southern, Wheatbelt, South-Coastal Goldfields and Mid-west regions of WA.

## Connections Count

Amity Health provides a funded counselling program called **CONNECTIONS COUNT** to residents of RACF's in the **Wheatbelt** region of WA. Our team of Counsellors are formally qualified and experienced.

The program is for residents of RACF's who are experiencing low to moderate mental health and/or psychological distress including:

- depression
- anxiety
- grief
- life transitions
- past trauma

## Appointment options

Assessments and appointments are offered in-person at the residential aged care facility. Appointments will be :

- low intensity and the least intrusive
- provided by qualified Amity Health mental health clinicians
- free of charge

## Referral Pathways

If you are a GP or a RACF health practitioner, you can make a referral on behalf of the resident.

Residents or residents' family can request for a referral to be made. Referral forms can be found at:

[www.amityhealth.com.au/referral-forms](http://www.amityhealth.com.au/referral-forms)

## Available to **Wheatbelt** RACF residents in:

### BROOKTON

- Kalkarni Residency

### KELLERBERRIN

- Dryandra Residential & Community Care Inc.

### NARROGIN

- Karinya Residential Care
- Residency by Dillons

### NORTHAM

- Juniper Bethavon
- Juniper The Residency

### WAGIN

- Waratah Lodge

### YORK

- Ballardong Lodge

## Eligibility Criteria

- must be a resident of one of the RACF's mentioned in flyer
- must be at a risk of developing a mild to moderate mental health illness, or have a diagnosed mental health illness, with mild to moderate symptoms
- not be eligible for, or are more appropriate for, Government Older Persons Mental Health Service
- would benefit from counselling.

## Exclusions

The Connections Count program is **not** for residents with:

- long term psychological interventions or high intensity/specialist services
- high risk needing urgent care (within seven days)
- complex post-traumatic stress disorder
- personality disorders
- dementia
- delirium
- intellectual disability.