

## CONTACT US

Have any questions or queries?  
We would love to hear from you!

### Rural Outreach Mental Health Service

#### Office Base

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## COMPLEX MENTAL HEALTH SERVICES

From April 1<sup>st</sup> 2020, a new mental health service, *The Rural Outreach Mental Health Service (ROMHS)*, is available to support people with complex mental health needs living in the Shoalhaven and Southern Shoalhaven via telehealth with Credentialed Mental Health Nurses.

Your GP can refer you to the ROMHS service by writing a mental health treatment plan and ROMHS referral letter. You will remain under your GPs regular care.

Your personal situation and preferences will be taken into account to provide support best suited to your needs.

This service offers a variety of support and your GP will receive regular feedback on your progress.

There is no cost to access ROMHS.



This initiative is supported by funding from COORDINARE – South Eastern NSW PHN through the Australian Government's PHN Program.



ROMHS  
mental health

### Rural Outreach Mental Health Service

**FREE** Mental Health program for people with enduring ill health and complex needs provided by Credentialed Mental Health Nurses.

Shoalhaven - Face to face consultation

Southern Shoalhaven - Telehealth  
Consultation

#### What does this service entail?

- ✓ Free mental health service
- ✓ Specialist Credentialed Mental Health Nurses
- ✓ Regular advice and support
- ✓ Education on mental wellbeing
- ✓ Collaborative approach
- ✓ Links to local community support
- ✓ Regular progress feedback



## BENEFITS TO YOU

A Credentialed Mental Health Nurse can provide:

- Support and ongoing treatment
- Connections to community service providers
- Connections to local health resources
- Improved physical and mental health



Services are provided based on identified needs and will be flexible to ensure the ability to offer a variety of interventions and intensities of service dependent on needs, personal choice and control.

Our team has a network of Psychiatrists available for Bulk Billed telehealth sessions.

## REFERRAL PROCESS

Your GP or support service will complete a ROMHS Referral letter & attach MHCP if available



Referral & MHCP will be sent to ROMHS Intake office



A Mental Health Nurse will be in contact with you and organize an appt either face to face or via telehealth depending on where you live

**A Mental Health Nurse will be in contact with you within 48 working hours**



## CONSULTATIONS

### Shoalhaven - Face to face

If you reside in the Shoalhaven our face to face consultations are available at the following locations:

#### Basin View Medical Centre

3 Tallyan Point Road Basin View NSW 2540

#### Vincentia Medical Centre

5 Halloran Street Vincentia NSW 2540

#### Culburra Beach Medical Centre

167 Prince Edward Avenue Culburra Beach NSW 2540

#### Worrigeer Medical Centre

53 Isa Road Worrigeer NSW 2540

#### Ulladulla Specialist Centre

114 Princes HWY Ulladulla NSW 2539

### Southern Shoalhaven & other regions Telehealth

If you reside in the Southern Shoalhaven or other regions consultations are available via telehealth.

This is a phone or video consultation with a Credentialed Mental Health Nurse from the comfort of your own home, Drs office or private safe place.

**There is no cost for any service provided by the Rural Outreach Mental Health Service**