

BRISBANE SOUTH & LOGAN Mental Health Referral Pathway for Primary Health Care workers to use with patients from refugee backgrounds (Feb 2020)

Key Decision Points

Increasing level of distress

MILD to MODERATE

Distress due to personal or family problems or difficulties settling in, but response is what you may normally expect given the circumstances.

SEVERE & COMPLEX

Symptoms that may be a mental illness such as poor sleep, lack of appetite, lack of energy, unusual behaviour, increased distress.

ACUTE

Acute symptoms that may be a mental illness: impairment of daily functioning, suicide ideation, concerns for immediate safety or wellbeing.

FREE INTERPRETERS FOR DOCTORS
[TIS \(Translating and Interpreter Service\)](#)
 Doctor Priority Line 1300 131 450

These referral options are not exhaustive and a patient may benefit from the involvement of multiple agencies.

Patients may have a Settlement Case Manager for up to 18 months after arrival in Australia.

[Multicultural Australia](#)
 (Brisbane, Logan)
 Ph: 3337 5400 / After Hours: 0411 355 733

[ACCESS Community Services Ltd](#)
 (Logan) Ph: 3412 8222/ After Hours: 0439 655 482

If referring to Allied Health consider:
[Brisbane South PHN](#) - Interpreting for Allied Health Professionals

If distress is due to experiences of torture and trauma prior to arrival in Australia:
[Qld Program of Assistance to Survivors of Torture and Trauma \(QPASTT\)](#) across lifespan. Not a crisis service. Ph: 3391 6677

If require specialist clinical consultation regarding CALD people across the lifespan: [Qld Transcultural Mental Health Centre \(QTMHC\)](#)
 Mon-Fri Ph: 1800 188 189

Psychological Therapies (Formerly ATAPS) overseen by:

- [Wesley Mission Qld](#) - General Stream
- [World Wellness Group](#) - Specialist Multicultural Stream
- [Relationships Australia - Multicultural Program](#)

Child and Youth Mental Health Service (CYMHS) - [Find your local CYMHS](#) (0-18yrs)

Psychiatry Support (Limited sessions)

- [Mater Refugee & Asylum Seeker Psychiatric Service](#)
- [Psychiatry Program - WWG](#)

Other Supports

- [Culture in Mind](#) - Culture based mental and psycho-social support (18+)
- [QPASTT](#) - Groups, Homework club
- [Harmony Place Support and Wellbeing](#) - Clinical care coordination & psychosocial supports
- [Problem Management+](#) 5 wk program with cultural support workers

[Aftercare](#) - Clinical care coordination and psychosocial supports

Adults
 Ph: 1300 MH CALL (1300 64 22 55) QLD wide phone service delivers mental health triage to people 24/7.

Children/Young people
[Children's Health QLD - Child and Youth Mental Health Service \(CYMHS\)](#)
[Acute Response Team Crisis Line \(Brisbane only\) 24/7](#) Ph: 3068 2555

If Emergency:
 Qld Ambulance Services (Triple Zero) or Local Emergency Department.

Still having trouble finding support?
 Brisbane South PHN Mental Health Referral Service Ph: 3717 7070

This Pathway was developed by the Refugee Health – SE Qld Partnership Advisory Mental Health Working Group (March 2020) v12
www.refugeehealthnetworkqld.org.au/refer