

## Your Rights

Information collected about you will be held in the greatest security. No information will leave the counsellor without your permission or as required by law.

This program needs to be evaluated. If you do not wish to give any information for evaluation purposes, please advise your GP and counsellor. This will not affect your eligibility for a referral or your ongoing participation in the program.

Your privacy will always be treated with the greatest respect. At any time you can request information about your treatment and information from your file.

If you are not happy with your counsellor or the service provided you are encouraged to speak to your GP. You can also contact the MindCare Coordinator on 9376 9200, if you have any questions about the program.

Perth Primary Care Network is open within normal business hours Monday to Friday 8.30am - 4.30pm.

For enquiries contact:  
MindCare Coordinator  
9376-9200



### For Further Information

#### Please Contact:

MindCare Coordinator  
Perth Primary Care Network  
48A James Street  
Guildford WA 6055  
PO Box 354  
GUILDFORD WA 6935

Phone: (08) 9376 9200

Fax: (08) 9279 8221

Email: [reception@ppcn.org.au](mailto:reception@ppcn.org.au)

Our office is open from  
8.30am to 4.30pm weekdays



# MindCare for Clients



## Background

MindCare is a mental health program provided by Perth Primary Care Network and funded by the Commonwealth Government. MindCare provides short-term, affordable counselling to people who may be feeling anxious, stressed and/or depressed. You will be offered a choice of where you can attend your counselling sessions.

Counselling locations include General Practice surgeries, the counsellor's private rooms, or at Perth Primary Care Network's rooms in Guildford.

To be eligible for the MindCare counselling program, you will first need to make an appointment with your GP and discuss a care plan.

Depending on the availability of Perth Primary Care Network counsellors, there may be a need to place you on a short wait-list but an appointment will be made for you as soon as possible.

## How It Works

If you are eligible for the program, your GP will give you a referral to one of our counsellors for up to six counselling appointments. At the end of these six sessions it is recommended you return to your GP to discuss the possibility of a further six sessions with the counsellor.

Your counsellor provides a range of therapeutic approaches to provide you with information and practical skills and support.

### *Psycho-education*

Provides you with information to help you make sense of your situation, how you are feeling and coping. Your counsellor is happy to answer any of your questions.

### *Cognitive-behavioural therapy (CBT)*

CBT is a way of thinking that helps you control how you feel and behave. When you are thinking, feeling and behaving in ways that distress you, you can use CBT to change that experience. So, CBT helps provide you with the knowledge and skills to tackle your own problems now and in the future.

### *Skills training*

This training provides you with skills that are helpful when dealing with a difficult experience or situation. Examples of skills training include:

- ◆ Problem-solving,
- ◆ Dealing with upsetting emotions (including anger management), and
- ◆ Effective communication.

### *Interpersonal therapy*

This approach helps you to identify and resolve current relationship difficulties by teaching you how to meet your needs and also to feel more supported and closer to others.

## Cost

The fees for each session are as follows:

\$25	Standard Fee
\$15	Health Care Card / Centrelink income
\$5	Unwaged

In extreme financial circumstances the fee may be waived all together, you will need to talk to your GP about your situation.

## Missing Appointments

It is important to give your counsellor at least 24 hrs notice if you are unable to make an appointment. If you do not, the missed session will count as one of your six sessions.

**Missing more than 3 sessions will result in you being taken off the program**