

## Are you:

- Struggling with trauma, loss, family, work, school/school refusal, or life changes?
- Finding your mental health is affecting your ability to participate in every-day life?
- In need of long-term support?
- In need of assistance accessing the mental health service that is right for you.
- Finding it difficult to keep your life balanced?

## Do you need help with:

- Understanding your symptoms/diagnosis
- Risk Assessment
- Medication Management

<b>Services Available</b>	Anxiety Generalised / Severe Panic Disorder	Autism and Mental Health Issue
Bipolar Disorder	Borderline Personality Disorder	Eating Disorders
Major Depressive Disorder	Obsessive Compulsive Disorder (OCD)	Peri Natal Depression / Anxiety
Post-Traumatic Stress Disorder (PTSD)	Psychosis	Schizophrenia



OUTCOME HEALTH

# MENTAL HEALTH SERVICE

## A Free Community Service

Helping You to Improve Your Health and Wellbeing and Live Your Best Life



OUTCOME HEALTH

Mental Health Nurse Services are provided by  
**Outcome Health**

[www.outcomehealth.org.au](http://www.outcomehealth.org.au)

Service supported by the Commonwealth through Gippsland PHN

This practice offers mental health nurse services. To access the service, book an appointment with your GP to discuss your mental health needs.





Your Life  
Your Health  
Your Skills and Resources  
Your Community

**Getting better your way**  
with the help of your GP  
and Mental Health Nurse



## Why see a mental health nurse?

Consultations are free of charge and you can see the nurse at your local clinic or Telehealth sessions are available via video or telephone.

Working with the nurse, you'll develop a program to help you achieve your goals by making use of your strengths, resources and skills.

Treatment programs are aimed at improving your health and wellbeing in a respectful and holistic manner.

## Mental health nurse services include:

- A culturally-inclusive approach and understanding.
- Support that is tailored to your needs.

Our team of senior clinicians take a psychotherapeutic, recovery-focused approach when working with you.