

Partners in Wellbeing



Pre-screen Checklist for Referrers

Aim of Partners in Wellbeing

The COVID-19 Mental Health and Wellbeing service will assist people experiencing psychosocial distress and mental ill health due to the COVID-19 physical distancing and isolation measures, including those who are required to self-isolate for whatever reason. This includes people with lived experience of mental illness, as well as those experiencing poor psychosocial health for the first time due to the impacts of COVID-19 and restrictions put in place to stop its transmission in the community.

The initiative will also support carers in the context of their own psychosocial health and the caring role, acknowledging the negative and fatiguing impacts of COVID-19 on carers wellbeing and resilience.

This is a time-limited initiative funded by the Victorian Government and will be delivered by the Mental Health Community Support Service (MHCSS) Intake service until 30th June 2021. This is a free and voluntary service and the person does not need to have a diagnosed mental health condition.

Eligibility

The initiative will target eligible people 16 years and above who are:

- experiencing increased life stressors and their usual coping strategies are not working
- experiencing feelings of anxiety and/or depression that have lasted more than a few weeks, such as:
 - *low mood i.e. feeling down*
 - *feeling overwhelmed and unsafe*
 - *low energy*

- *feelings of hopelessness*
- *fear, nervousness or worrying*
- *avoidance of social situations*
- *thoughts of self-harm or harm to others.*
- not currently using a community mental health psychosocial support service.

It is important to note that it is not intended this service replace or duplicate:

- psychosocial supports the person is currently receiving (such as Primary Health Network funded psychosocial support programs, NDIS funded supports to participants with a psychosocial disability, support provided through the Early Intervention Psychosocial Support Response delivered through health services)
- case management/care coordination or other supports you are providing to the person being referred.

This service is not intended to be a crisis response service. If your client is at immediate risk to themselves, others or the community, please call emergency services.

If your client requires urgent psychiatric support, please contact your local Psychiatric Triage or call emergency services.

Eligibility checklist

To determine if the person you are supporting may be eligible for the Partners in Wellbeing, they must meet the following criteria:

Is the person over 16 years of age?

Does the person reside in Victoria?

Has their mental health and wellbeing been impacted by COVID-19 and associated restrictions? For example, has the person experienced feelings of anxiety and/or depression that have lasted more than a few weeks, such as low mood i.e. feeling down, feeling overwhelmed and unsafe, low energy, feelings of hopelessness, fear, nervousness/worrying, avoidance of social situations and/or thoughts of self-harm or harm to others.

Have they felt stressed about losing income, worrying about family and friends or isolation?

Are they a carer or supporting a person experiencing poor psychosocial health, mental illness health or disability and are experiencing distress in the context of their caring role?

If you believe the person you are supporting would benefit from this services please ensure you explain the service to them and have their informed consent before you refer them to Partners in Wellbeing via the relevant provider listed below.

If you have any questions, please call Partners in Wellbeing on [1300 375 330](tel:1300375330)

