

## About SEMPHN

South Eastern Melbourne Primary Health Network (SEMPHN) works on behalf of the Australian Government to improve local health care.

We are improving access to existing services, commissioning new services and supporting GPs and other providers to provide better care for the community.

In 2016, we began the transition from direct service provision to a commissioning approach.

## What are API services?

Accessible Psychological Interventions (API) services include a range of short term psychological interventions. These are available in individual, family and group formats and are matched to people's needs.

Interventions include:

- Cognitive-behavioural therapy
- Skills training
- Psycho-education
- Relaxation strategies
- Other evidence-based interventions

API services can be delivered by clinical psychologists, psychologists, mental health social workers, occupational therapists and mental health nurses.



An Australian Government Initiative

### SEMPHN Access & Referral

1800 862 363 (business hours)

[www.semphn.org.au/API](http://www.semphn.org.au/API)

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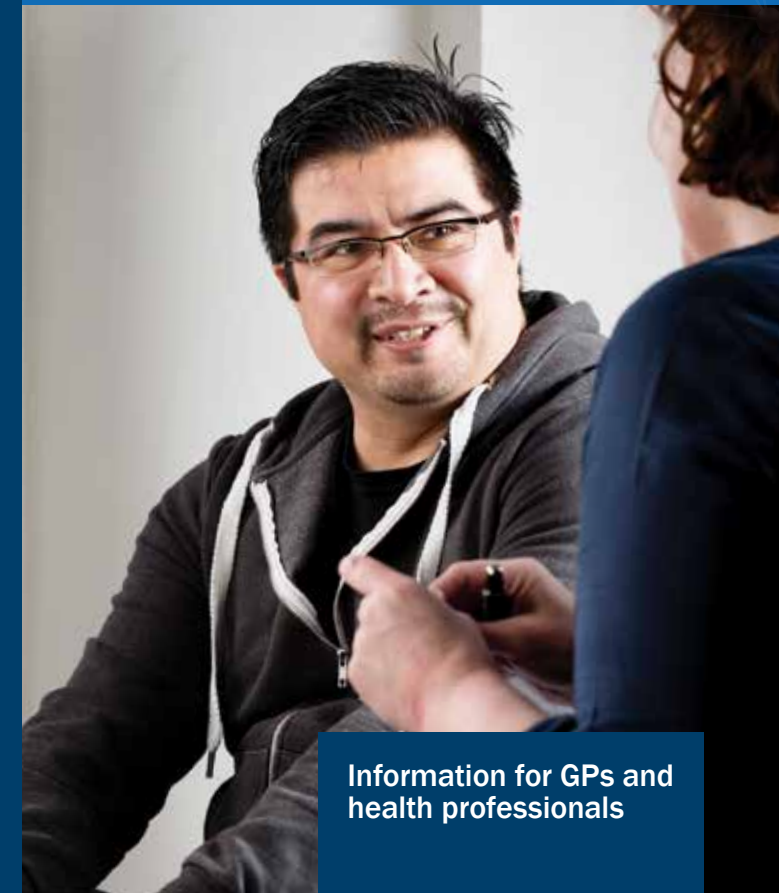
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## Accessible Psychological Interventions (API)

Flexible support for people with mild to moderate mental illness



Information for GPs and health professionals

## Who are API services for?

API services are for people who:

- Live or work in the SEMPHN catchment, and
- Have a health care card or can't afford/access similar services.

Referrals are particularly encouraged for people in the following groups:

- Children under 12
- People living in residential aged care facilities
- Aboriginal and Torres Strait Islander people
- People experiencing homelessness
- People at risk of suicide
- Culturally and linguistically diverse people
- People with perinatal depression
- People with substance use disorders
- People who have experienced family violence.

To be eligible for API services, people need to:

1. Have an assessment and diagnosis of mild/moderate mental illness (except for children under 12 or people at risk of suicide), such as mild depression and anxiety, and
2. Be expected to benefit from API services.

## Who can refer to API?

Referrals can be made by anyone including GPs and other primary health providers, schools, social services, other organisations and self-referral.

**GPs can fax referrals and GP Mental Health Treatment Plan to 1300 354 053 or call 1800 862 363 for priority assistance.**

Referrals can be made by:

- SEMPHN Access & Referral phone (business hours only): 1800 862 363 - GPs receive priority assistance
- Fax: 1300 354 053
- Referral forms (including medical software templates) are available on the SEMPHN website [www.semphn.org.au/API](http://www.semphn.org.au/API)
- Other referral forms are accepted if they contain the required information.

Consent is needed for clients to receive services.

**API services do not provide after-hours or emergency mental health advice or support.  
In case of emergency, call 000.**

## Background to mental health changes

SEMPHN plays an important yet limited part in the primary mental health system.

In line with mental health reform across Australia, SEMPHN released its Mental Health Stepped Care Model in 2016.

The model was informed by:

- Findings of the National Mental Health Commission's review
- Evidence-based best practice
- Consultation with stakeholders including consumers, health professionals and service providers
- Extensive data analysis.

We are using the Stepped Care Model to guide the commissioning of new flexible services in our region for people with mild/moderate and severe/complex mental health needs.