

Eligibility

People aged 65+ and
Aboriginal and Torres Straits
Islander people aged 55+
living in Boroondara who are
experiencing mild to
moderate symptoms of
mental illness.

Referral

(via St Vincent's/ St George's APATT)

Phone:

9231 8443 (BH)

1800 55 88 62 (AH)

Fax:

9231 8503

Improving access to mental health services:

- **Timely expert mental health
assessment and treatment
recommendations**
- **Secondary consultations with
clients in GP practice, telehealth
or phone**
- **Case management**
- **Brief psychological interventions**
- **Referral to meet ongoing needs**
- **No cost**



*This initiative is funded by the Australian
Government under the PHN program.*



MaP

Mental Health and Primary Care
Partnership Program

**Supporting GPs in
Boroondara**



“I never felt this way before. I am so glad you were there”

83 year old MaP patient

What is MaP?

MaP is a new Older Adult’s Mental Health Program.

It is a collaboration between St Vincent’s Hospital Melbourne (St George’s campus) and the Eastern Melbourne Primary Health Network.

MaP is part of the Government’s Stepped Care initiative, designed to reduce the service gap between Primary Health and Specialist Mental Health Services for Boroondara residents.

It is a voluntary program aiming to assist with co-ordinating care for people experiencing mild to moderate symptoms of mental illness.

Who are we?

A team of senior clinicians including mental health nurses, psychologists, allied health clinicians, and a psychiatrist.

Mental Health of Older Adults

- **10-15%** of older adults are diagnosed with **depression**.
- **10%** of older adults are diagnosed with an **anxiety disorder**.
- **Older adults in care** in care a more likely experience depression.
- Older adults are **less likely to seek help** for mental health symptoms.
- Assistance with **prevention and early intervention** has benefits for patients, carers, and the service system.
- Mental health issues are often **undiagnosed** in older adults.
- **Dementia is the second leading cause of death** in Australia.
- **Boroondara** has one of the **highest** population of residents living with dementia.