

# Preventative Health Initiative

Preventative health support  
for people experiencing  
mental health issues

Eastern and  
North-Eastern Melbourne





**Preventative Health Initiative provides individualised and tailored support to help people who are experiencing moderate to severe mental health issues improve their physical health. The service also delivers capacity building activities to develop practitioners' capacity to respond to the physical health needs of people experiencing mental health issues.**

## **Individual support to improve physical health**

We provide short-term (up to six months) whole-of-person care to help people improve their physical health, build confidence and health literacy, and overcome exiting barriers to engaging with preventative health services.

The service has five key focus areas: breast cancer screening, cervical cancer screening, bowel cancer screening, smoking cessation and Influenza immunisation.

During one-on-one sessions, consumers and carers (where appropriate) will work collaboratively with a registered nurse to develop physical health goals and identify the supports needed to achieve those goals.

The support provided is flexible and tailored to individual needs, and might include:

- Comprehensive whole-of-health assessment.
- Coaching to generate physical health goals and motivation.
- Health literacy and capacity development to improve self-management.
- Connection to GP, allied health and other health and social supports.
- Facilitation of attendance at preventative health appointments.
- Access to local health promotion groups.

## Capacity building for practitioners

Our Health Promotion Officers deliver tailored training activities for both primary care and mental health providers.

We provide free consultations and workshops to help primary care professionals develop practical skills and processes to improve engagement with people experiencing mental health issues. We can also help with referral pathways and contacts for mental health support.

Our training activities for mental health teams are aimed at building knowledge around our five focus areas and how to best support people to access preventative health services. We can also help navigate referral pathways to physical health services for your consumers.

Contact us to find out more and arrange a workshop or consultation session.

## Care coordination

Our aim is to make it as easy as possible for consumers to connect with, access and maintain the services they need across the health system to enhance their physical health.

We work together with primary health, mental health and other community services to ensure the effective provision and coordination of high quality integrated care.

We also support the active engagement of carers with consumers' health care teams.

## Our approach

Our approach emphasises the importance of increasing health literacy and building confidence so that people can manage their own health.

We draw on a number of models and tools to provide best practice care, including:

- The Collaborative Recovery Model, a framework for identifying personal strengths, values and goals.
- Coaching conversations to support the achievement of health-related goals.
- The Neami Health Prompt, which facilitates discussions about physical health, and a range of other health promotion resources.



## Eligibility

Preventative Health Initiative is available to people aged 18+ who:

- Are experiencing mental health issues, particularly moderate to severe (a formal clinical diagnosis is not required).
- Would benefit from time-limited targeted physical health screening support.
- Live, work or study in the Eastern Melbourne Primary Health Network (EMPHN) catchment. The EMPHN catchment includes the cities of: Banyule, Boroondara, Knox, Manningham, Maroondah, Mitchell, Monash, Murrindindi, Nillumbik, Whitehorse, Whittlesea and Yarra Ranges.

## Making a referral

Anyone can make a referral to the service. This includes carers, GPs, and other health and community services. Self-referrals are welcome. Visit our website for more information: [neaminational.org.au/phi](https://neaminational.org.au/phi)

Preventative Health Initiative can now receive and send messages electronically via ReferralNet. Our ReferralNet account ID is *Preventative H.*

Preventative Health Initiative is a free service.

## Contact

Phone: 1300 185 399

Fax: 03 9012 4233

Email: [PHI@neaminational.org.au](mailto:PHI@neaminational.org.au)

Website: [neaminational.org.au/phi](http://neaminational.org.au/phi)

## About Neami National

Neami is a community-based organisation providing mental health, homelessness and suicide prevention services. Using a recovery approach, we deliver a range of programs improving mental health and wellbeing in local communities.

The Preventative Health Initiative is a Neami National Service funded by the Australian Government under the Eastern Melbourne Primary Health Network.



Neami acknowledges the Traditional Custodians of the land we work on and pays its respects to Elders past, present and emerging.



Neami celebrates, values and includes people of all backgrounds, genders, sexualities, cultures, bodies and abilities.