



## About us

Oseca Health is a community based primary health care organisation, with a rich history spanning over 30 years. At our core, we believe that empowering individuals to enhance their wellbeing is essential for building thriving communities.

As a dedicated not-for-profit, community based organisation, our success is intertwined with the health and wellbeing of our communities, enabling us to contribute positively and meaningfully to the lives of those we serve.

**Compassion Respect Integrity Excellence**



## Contact Us

For more information, please contact our local South West team at Oseca.

 **1300 680 431**

 **[swprograms@oseca.com.au](mailto:swprograms@oseca.com.au)**

 **[www.oseca.com.au](http://www.oseca.com.au)**



## Acknowledgement of Country

Oseca acknowledges that we provide services on Noongar country. We pay our respects to the people, the cultures and the Elders past and present.

**This service is provided through funding from WAPHA**



## Integrated & Coordinated Mental Health Services South West

Integrated Primary Mental Health Care (IPMHC) Program



## What is the program?

The Integrated Primary Mental Health Care (IPMHC) Program is run by Oseca in Western Australia's South West region. We offer free support for individuals facing mental health challenges, tailored to fit the needs of the individual at the time.

Our services are provided by a dedicated and diverse team with professional mental health experience and qualifications. We support our community with a wide range of therapies and services, within a person centred approach.



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## Services provided

We offer services to fit the needs of the person, according to the following streams:

- **Low Intensity Psychological Interventions (LIPI):** Access to group and individual brief counselling, providing tools and techniques for long-term mental health and resilience.
- **Psychological Therapy (Psych T):** Evidence-based counselling services delivered by qualified Mental Health Clinicians.
- **Clinical Care Coordination (CCC):** Clinicians working closely with GPs to align health-related services, supporting both mental and physical health. A Mental Health Nurse oversees this service.

## Who is eligible?

Our services are available to individuals who are:

- Experiencing challenges in their mental health.
- Aged 16 and over for LIPI services (self-referral is available).
- Aged 18 and over for Psych T and CCC services (GP referral required).
- Reside in the South West region of Western Australia.
- Hold a current Healthcare/Pension Card or are experiencing financial hardship.
- Are not currently in need of urgent or crisis services.



## How the services help

Our services provide primary health care support individualised to your needs, including safe therapies, confidential counselling and coordination services.

These services aim to improve your mental and emotional wellbeing, build resilience, and enhance your quality of life. We're here to support you every step of the way.

**Please note, this service does not provide emergency or crisis support.**

**If you are in an emergency, or at immediate risk of harm to yourself or others, please contact emergency services on 000.**

**Other services include:**

**Lifeline: 13 11 14**

**Suicide Call Back Service: 1300 659 467**