

How our treatments work

Our treatments are designed to help improve your emotional health and build your resilience. We focus on empowering you with the tools and skills to become your own therapist—so you can live your most fulfilling life. MindSpot GP offers a range of options so that you can get the support you need, when you need it.

Teletherapy Treatment Sessions

You can access up to four telephone treatment sessions with an experienced therapist to help manage symptoms of depression, anxiety and other conditions.

Online Treatment Courses

Our eight-week courses teach you clinically proven strategies to manage your symptoms, and help you practice how to apply these skills to your daily life. You can opt to either complete an online course independently, or with weekly support from a therapist

Face-to-face Treatment

If online or telephone treatment is not suitable, we can provide you with access to up to six free face-to-face sessions.

MORE THAN 30,000 PEOPLE HAVE ENROLLED IN ONE OF OUR ONLINE TREATMENT COURSES.

Ask your GP for a referral to MindSpot GP.

 contact@mindspot.org.au

 **1800 61 44 34**

 mindspot.org.au/mindspot-gp

MindSpot GP is not a crisis service. If you are feeling suicidal or need urgent help please phone:

Mental Health Emergency Response Line
1300 555 788

Lifeline **13 11 14**

Suicide Call Back Service **1300 659 467**

Emergency services **000**



MindSpot GP is funded by the Australian Government and WA Primary Health Alliance through the Australian Government's PHN Program



FEELING LOW, SAD,
STRESSED OR ANXIOUS?

**Free Mental Health
Treatment for
People in Perth**

You are not alone

Stress, fear and sadness are normal feelings that we all experience at some point. But when these feelings are constant and don't go away, they become a problem and can have a serious impact on our daily life—and that's when we might need some professional support.

MindSpot GP can help

We are a free online and telephone-based mental health service that supports Western Australians aged 16+ experiencing mild to moderate anxiety, depression, chronic pain, chronic health conditions, OCD, PTSD and substance use.

ALL OUR SERVICES ARE CONFIDENTIAL, AND WE PROVIDE OPTIONAL ACCESS TO QUALIFIED THERAPISTS.

Why MindSpot GP?

We believe that all Western Australians should be able to freely access reliable and effective mental health support—when and where you need it. That's why MindSpot GP is:

✓ FREE

Funded by the Australian Government and WA Primary Health Alliance, MindSpot GP services are free to use.

✓ EFFECTIVE

On average, people see a 50% reduction in their symptoms following treatment, and over 95% would recommend us to a friend. All our treatments have been clinically trialled and proven effective by Australian-led research.

✓ CONVENIENT

Life can get busy, which is why you can access our services, including therapist support, online or by telephone at a time and place that suits you. We also provide access to free face-to-face treatment.

✓ FAST

You can start an assessment as soon as we've received your referral. Results are available instantly, and you can schedule a call with a therapist to discuss treatment options.

✓ QUALIFIED THERAPISTS

We provide you with access to experienced psychologists and mental health professionals.

Getting started with MindSpot GP

Accessing support through MindSpot GP is simple:

1 ASK YOUR GP FOR A REFERRAL

Talk to your GP about accessing treatment through MindSpot GP.

2 COMPLETE AN ASSESSMENT

To better understand how we can help you, we will ask you to complete a simple assessment. It involves answering questions about your physical and emotional symptoms, and how these are impacting your life.

3 ACCESS TREATMENT THAT'S RIGHT FOR YOU

Speak to a MindSpot GP therapist about your assessment results and treatment options. You can then start a treatment that's right for you.