

Community Mental Health Outreach



What is Community Mental Health Outreach?

Our highly qualified, specialist community mental health nurses will support, encourage and assist you through your individualised personal recovery journey. This service provides a holistic, community-based support in your home, a community setting of your choice or at St John of God Langmore Centre if you prefer. Your one-on-one sessions ensure you establish a rapport which helps you achieve your maximum potential.

Our service:

- Provides support for patients in the transitional period following an inpatient admission.
- Provides transitional or extended support during various stages of mental illness, such as times of increased stress, relapse or maintaining wellness.
- Provides the capacity to learn specific skills and interventions that will assist in managing certain aspects of mental illness and preventing relapse.
- Enhances quality of life and the ability to function effectively in the community.
- Once a referral to the Community Mental Health Outreach team is received from a St John of God Langmore Centre accredited psychiatrist, an individual program is developed in collaboration with you, the clinician and your treating doctor.
- We work together to achieve your personal goals.

Our team

Our specialist team members are all experienced mental health nurses who work with your treating psychiatrist at St John of God Langmore Centre.

Our service is offered Monday to Friday and provides:

- Ongoing assessment and support at our hospital, in your own home or another community setting.
- Assistance with developing an individualised goal-oriented recovery plan.
- Ongoing education regarding illness and medication.
- Support and education for family members/carers to enable them to understand and manage care.
- Help with identifying stressors and signs of relapse.
- Assistance with the development of coping strategies.
- Links to services and activities in your area.
- Support through a range of therapeutic interventions.

Fees

A fee is charged for community visits, this is usually covered by your private health insurance. Private health insurance is recommended (an excess co-payment may be applicable depending on insurance and cover type).

Private health cover

A health fund check can be done by our administration caregivers on your behalf to see if you are covered.

Referrals

Ask your treating psychiatrist for a referral to our program. Referrals can be sent to **Langmore-Intake@sjog.org.au**

Contact

For all enquiries, please call (03) 9773 7000.

3 Gibb Street, Berwick 3806
T. (03) 9773 7000 E. info.langmore@sjog.org.au

www.sjog.org.au/langmorecentre

Published November 2023
St John of God Health Care Inc.
ARBN 051 960 911 ABN 21 930 207 958



ST JOHN OF GOD
Langmore Centre



Consumer reviewed
and approved