

WBOP PHO Mental Health Service

GP access to services for patients with mild to moderate depression or anxiety (WBOP PHO Coordinated Primary Options Mental Health Programme)

The WBOP PHO Coordinated Primary Options (CPO) Mental Health Programme is for people enrolled with PHO GP practices in the WBOP who have mild - moderate depression and / or anxiety.

The programme offers up to six one hour sessions of counselling therapy, predominantly Cognitive Behavioural Therapy (CBT) which is funded by the PHO.

Also, the programme offers Positive Empowerment group therapy - practical tips for self-maintenance for people aged over 18 years who have mild - moderate depression and/or anxiety. Five rotating sessions - 1.5 hrs per session. Topics: Mindfulness, Personal well-being, Effective communication, Personality in Perspective, Resource yourself.

People are referred to the programme by their GP who will assess the person for suitability for the programme and fill out the required standardised referral forms which will be sent to the Mental Health coordinator at the PHO.

The PHO has contracted counsellors throughout the WBOP to improve accessibility for referred clients.