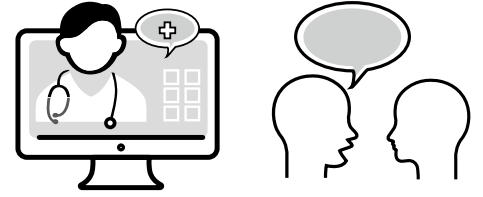


# Mental Health



Being referred to the Princess Alexandra Hospital (PAH) for a transplant and managing the many pathways after, can be a time of mixed emotions. People describe deep fear, worry and uncertainty but also feelings such as relief, positivity, gratitude and calm. It is important to care for mental health and wellbeing and seek help at any time.

## What is mental health

The treating team do not always know the private circumstances and feelings of all patients and families, so please reach out. The most important thing to know is that compassionate, effective and professional support is available right now.

- Mental wellbeing can shift around for many reasons. Emotions and feelings connected with organ donation, transplantation, trauma, grief, relationship and family matters, money concerns, housing, sickness, treatments and other worries – can all affect mental health.
- Hospital, community and online resources, counselling and supports are readily available to help all patients, families and carers at any time. This help is caring, comforting and supportive.
- Being open to support can make the world of difference.

## Beyond Blue – 1300 224 636

- “Anxiety and depression affect our entire community. Around 3 million people in Australia live with anxiety and/or depression every day.
- Seeking support from a health professional is often an important step in the pathway to recovery, but just as important are the day-to-day lifestyle choices that we make.
- Everyone is different, so find what works for you.”

## Useful links

### Beyond Blue

Phone: 1300 224 636

[www.beyondblue.org.au/get-support](http://www.beyondblue.org.au/get-support)

### Lifeline

Phone: 13 11 14

[www.lifeline.org.au](http://www.lifeline.org.au)

### Kids Helpline

Phone: 1800 55 1800

[www.kidshelpline.com.au](http://www.kidshelpline.com.au)

### Head to Health

Phone: 1800 595 212

[www.headtohealth.gov.au](http://www.headtohealth.gov.au)



### Headspace

[www.headspace.org.au](http://www.headspace.org.au)

### Queensland Government

[www.qld.gov.au/health/mental-health/help-lines/counselling](http://www.qld.gov.au/health/mental-health/help-lines/counselling)

### Mindfulness

[www.thiswayup.org.au/programs/mindfulness-program](http://www.thiswayup.org.au/programs/mindfulness-program)



### **Meditation**

[www.smilingmind.com.au](http://www.smilingmind.com.au)

### **Purposeful activity**

[www.headtohealth.gov.au/living-well/purposeful-activity](http://www.headtohealth.gov.au/living-well/purposeful-activity)

### **Volunteering**

[www.volunteeringqld.org.au](http://www.volunteeringqld.org.au)

### **About mental health**

[www.health.gov.au/health-topics/mental-health-and-suicide-prevention/about-mental-health](http://www.health.gov.au/health-topics/mental-health-and-suicide-prevention/about-mental-health)

### **Aboriginal and Torres Strait Islander Community Mental Health Support**

[www.qld.gov.au/firstnations/health-staying-active/mental-health-support-counselling](http://www.qld.gov.au/firstnations/health-staying-active/mental-health-support-counselling)

### **My Amazing Body Podcast: Anxiety | Queensland Health**

[www.health.qld.gov.au/news-events/podcast/my-amazing-body-anxiety](http://www.health.qld.gov.au/news-events/podcast/my-amazing-body-anxiety)

### **Your Metal Wellbeing**

[www.mentalwellbeing.initiatives.qld.gov.au/](http://www.mentalwellbeing.initiatives.qld.gov.au/)

## **GP referral**

General practitioners (GP's) can refer patients or family members to a psychologist, accredited mental health social worker, occupational therapist or psychiatrist for a mental health care plan through the Better Access Medicare funded Program:

### **Better Access fact sheet – patients**

[www.health.gov.au/resources/publications/better-access-fact-sheet-patients](http://www.health.gov.au/resources/publications/better-access-fact-sheet-patients)

### **Better Access to Mental Health Care: Medicare funded services**

[www.psychology.org.au/psychology/medicare-rebates-psychological-services/medicare-faqs-for-the-public](http://www.psychology.org.au/psychology/medicare-rebates-psychological-services/medicare-faqs-for-the-public)

### **Medicare rebates for psychological services**

[www.psychology.org.au/psychology/medicare-rebates-psychological-services?Redirected=true](http://www.psychology.org.au/psychology/medicare-rebates-psychological-services?Redirected=true)

### **Accredited Mental Health Social Workers**

[www.aasw.asn.au/find-a-social-worker/](http://www.aasw.asn.au/find-a-social-worker/)

## **For further information**



**PAH Transplant Social Workers:** (07) 3176 2610

**Mental Health Access Line:** 1300 MH CALL - 1300 64 22 55

**In an emergency call 000**

### **Queensland Metal Health Commission**

[www.qmhc.qld.gov.au/find-support-services](http://www.qmhc.qld.gov.au/find-support-services)

### **Health direct | Mental health and wellbeing**

[www.healthdirect.gov.au/mental-health-and-wellbeing](http://www.healthdirect.gov.au/mental-health-and-wellbeing)

### **Acute Care Team | Queensland Health**

Phone: 1300 64 22 55

[www.metrosouth.health.qld.gov.au/services/all/acute-mental-health-core](http://www.metrosouth.health.qld.gov.au/services/all/acute-mental-health-core)

### **Health direct | LGBTIQ+ Mental Health**

[www.healthdirect.gov.au/lgbtiq-mental-health](http://www.healthdirect.gov.au/lgbtiq-mental-health)  
[www.qld.gov.au/youth/support-services/support-lgbti-young-people](http://www.qld.gov.au/youth/support-services/support-lgbti-young-people)

### **Queensland Liver Transplant Service**

[www.qld.gov.au/health/services/specialists/queensland-liver-transplant-service](http://www.qld.gov.au/health/services/specialists/queensland-liver-transplant-service)

### **Queensland Kidney Transplant Service**

[www.qld.gov.au/health/services/specialists/kidney-transplant](http://www.qld.gov.au/health/services/specialists/kidney-transplant)

