

Information and Consent for the ‘Short-Term Therapies Program’

Your doctor or GP (general practitioner) has made a referral to NT Connect to Wellbeing who will connect you to support for your mental health and wellbeing. This support will be provided by a mental health professional such as:

- psychologist
- social worker
- mental health nurse
- occupational therapist
- Aboriginal and Torres Strait Islander mental health worker.

What is the Short-Term Therapies Program?

The Short-Term Therapies Program is designed to connect you to a mental health professional who will work with you to manage and improve your mental health and wellbeing. Up to a total of 10 sessions (12 sessions for Aboriginal and Torres Strait Islander people) are paid for by the Northern Territory Primary Health Network (NTPHN) - which means you will not have to pay for these sessions yourself.

What do I need to do?

You will need to provide some basic information about yourself. This information will be shared between your GP, Short-Term Therapies Program staff and the mental health professional that you are linked in with. Your GP will send your referral to the Short-Term Therapies Program referral staff to check if this is the right support for you. If this is the right pathway for you, your referral will then be sent to the service who will organise for you to see a mental health worker.

To provide you with the best possible health care, there may be times when the referral staff, mental health service provider or your mental health worker may need to speak with you, or refer you to a different service.

Your consent – or permission – is needed so that your GP, referral staff and your mental health worker can work together.

Protecting your information and privacy

Your GP will provide referral staff and mental health professional with information that is needed, including the reason for your referral. This information will be kept confidential – or private - between you, your GP, referral staff and the mental health worker.



When your sessions with your mental health worker end, a report about the work you have done together will be sent to your GP. Your mental health worker will tell your GP about what they recommend for supporting your mental health and wellbeing. This information will remain private between you, your GP and your mental health professional.

NTPHN – who organise and pay for the Short-Term Therapies Program - will protect your privacy and confidentiality. This means keeping your information private and only sharing information that is needed between your GP, Short-Term Therapies Program staff and the mental health professional who supports you.

NT PHN follows the rules of the Commonwealth Privacy Act 1988 and the Privacy Amendment (Private Sector) Act 2000, to protect your information.

What happens to information that I share, or ‘my data’?

All information about you and that you share will be kept private and confidential. It will be stored securely so that no one else can access it. You can ask to see information that is stored about you at any time.

What if I don’t want to stay in the program?

You can leave the program and stop seeing your mental health worker at any time.

To see a mental health professional with the Short Term Therapies Program you need to:

- Understand the information we have given you
- Give permission for your information to be shared
- Agree to work together with a mental health professional organised by this program.

If you wish to use this program to work with a mental health professional, we require you to accept these requirements by signing the Short-Term Therapies Referral form.

If you have any questions or wish to withdraw consent, please speak to the NT Connect To Wellbeing Staff on 1800 899 855 or email NT.ConnectToWellbeing@neaminational.org.au.

