



Mental Health Advisor

The **Mental Health Advisor (MHA)** for Positive Directions has a state-wide responsibility and is located in our Brisbane office. The role is responsible for facilitating access to psychology, counseling and mental health services throughout Queensland, participating in care-coordination of clients and providing direction to staff in regards to the management of clients with potential and/or identified mental health issues.

The MHA is also responsible for providing education and advice to other health care providers throughout Queensland regarding HIV and mental health.

Access



By talking with you about the range and types of mental health services that are available in your region, including how to access support through the public mental health system, a community-based mental health program, or a private Psychologist.

Assessment



By either meeting with you personally, or telephoning you, to discuss your mental health needs. You may be asked to complete some tests that can help the MHA know how best to help you. Part of this process may also involve speaking to other practitioners about who best can assist you in your region or community. This will be completed with your full consent.

Referral



By referring your needs to a mental health practitioner, or service provider, in your area that can help you in the area where you live. The MHA may also speak to the referral agency about your needs and may work together to assist you with your needs.

Advocacy



By advocating on your behalf for you to successfully access services which you are eligible for. Or the MHA may talk with you about how you can access the services to which you are eligible for.

Life Skills



You may be interested in participating in a local Changing Lanes program*, or participate in individual counseling (on appointment with the MHA).

* Changing Lanes is the name that Positive Directions uses to describe a six week Cognitive Behavioural Therapy (or CBT) program that is offered to registered PD clients around the state of Queensland at various times through out the calendar year. If you would like more information, please download the Changing Lanes fact sheet, or speak with the Mental Health Advisor about future courses.

About

Positive Directions

Spiritus Positive Directions is funded by Queensland Health to provide a state-wide care co-ordination, information and referral service for People Living With HIV (PLHIV) in Queensland.

Locations

Brisbane

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Burleigh Heads QLD 4220
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Sunshine Coast

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Townsville

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PO Box 5186
Townsville QLD 4810
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