

## Brisbane MIND – eligibility criteria

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### The following eligibility and exclusion criteria applies to all Brisbane MIND programs

#### Eligibility criteria

Brisbane MIND targets under-serviced population groups prioritised in the Brisbane North PHN's Health Needs Assessment. Clients must meet one or more of these priority groups to be eligible for Brisbane MIND funding.

- Culturally and Linguistically Diverse populations
- Lesbian, Gay, Bisexual, Transgender, Intersex and Queer/Questioning
- people who have experienced trauma\* or abuse
- people at risk of suicide
- geographically isolated communities (e.g. Bribie Island, Kilcoy and surrounds).

*Clients must also meet all eligibility criteria below:*

- holds a current **healthcare card or pension card**
- be aged 12 years and older
- lives in the North Brisbane and Moreton Bay/Somerset region
- the person has a non-acute, moderate mental health condition
- will benefit from structured, short-term psychological therapy and is able to be managed in a primary care setting
- has a K10+ score of 25 or higher (or equivalent if using different outcome tool, e.g. K5 - Aboriginal and Torres Strait Islander clients)
- has a current mental health treatment plan (please contact **My Mental Health Service Navigation team on 1800 752 235** to discuss arrangements where a mental health treatment plan is not available).

#### Exclusion criteria

- the person is at acute or immediate risk of suicide or self-harm – please contact emergency services or local hospital
- the person has acute mental health needs or who is under the care of Public Mental Health
- chronic dementia, delirium, tobacco use disorder and/or mental disability
- involved with workers compensation or motor vehicle compensation proceedings
- long term chronic, complex mental health issues.

*\* Trauma is a psychological wound or injury, resulting from frightening or distressing events or experiences. Complex trauma is defined as exposure to multiple traumatic events such as ongoing childhood abuse, neglect or domestic violence. Trauma can result in difficulty in coping or functioning normally. Trauma is a subjective experience and everyone's reaction to potentially traumatic experiences is different.*