

Mental Health Disorders; Better Access Treatments

Mental Health Disorders	
<ul style="list-style-type: none"> • Alcohol use disorders • Chronic psychotic disorders • Bipolar disorder • Phobic disorders • Generalised anxiety disorder • Adjustment disorder • Unexplained somatic complaints • Eating disorders • Sexual disorders • Conduct disorder • Schizophrenia • Obsessive Compulsive Disorder • Bereavement disorders 	<ul style="list-style-type: none"> • Drug use disorders • Acute Psychotic disorders • Depression (including post natal) • Panic disorder • Mixed anxiety and depression • Dissociative (conversion) disorders • Neurasthenia • Sleep problems • Hyperkinetic (attention deficit) disorder • Enuresis (non-organic) • Post-traumatic stress disorder • Mental disorder, not otherwise specified
Please note: dementia, delirium, tobacco use disorder and mental retardation are excluded.	
Above classification based on WHO 1996 Diagnostic and Management Guidelines for Mental Disorders in Primary Care: ICD 10 Ch V Primary Care Version	

Psychological Therapies	
Provided by: clinical psychologist	
<ol style="list-style-type: none"> 1. Cognitive behaviour therapy 2. Psycho-education 3. Other evidence based therapies - such as interpersonal therapy - as considered clinically relevant 	
Focussed Psychological Strategies	
Provided by: psychologist, social worker, occupational therapist	
<ol style="list-style-type: none"> 1. Psycho-education including motivational interviewing 	<ol style="list-style-type: none"> 3. Relaxation Strategies <ul style="list-style-type: none"> - progressive muscle relaxation - controlled breathing
<ol style="list-style-type: none"> 2. Cognitive-behavioural therapy including: <ul style="list-style-type: none"> • Behavioural interventions <ul style="list-style-type: none"> - Behaviour modification - Exposure techniques - Activity scheduling • Cognitive interventions <ul style="list-style-type: none"> - Cognitive therapy 	<ol style="list-style-type: none"> 4. Skills Training <ul style="list-style-type: none"> - Problem solving skills and training - Anger management - Social skills training - Communication training - Stress management - Parent management training 5. Interpersonal Therapy (especially for depression)
There is flexibility to include narrative therapy for Aboriginal and Torres Strait Islander people	