

MENTAL HEALTH TEAM CONTACT LIST

Name: Amy Adair

Position title: Mental health social worker

Position Purpose: Mental health counselling

Qualification: Master of social work and credentialed mental health social worker

Best contact details: amy.adair@gorh.vic.gov.au and 0439528635

How to refer: Generally GP referral, but can come through self-referral or other clinician referral.

Broad areas of expertise (or specific areas): Anxiety and mood disorders, stress, relationships, trauma/ptsd, co-occurring mental health and AOD, family violence, self-esteem, EAP (inc. GORH staff members) and chronic illness/pain.

Days of work: Apollo Bay – Monday and Tuesday. Lorne - Wednesday and Thursday

Name: Charlie Page

Position title: Social worker

Qualification: Credentialed social worker

Position Purpose: Supporting community members to access appropriate services to support, improve or maintain their social wellbeing.

Best contact details: 0400628693

How to refer: Self-referral preferred, GP/other clinician referrals accepted.

Broad areas of expertise (or specific areas): Able to provide a broad range of support including- Triage and referral to appropriate services such as housing, Family violence, financial assistance, carers support etc. / Support with accessing services such as; My Gov, NDIS, Centrelink, My aged care, government schemes or aids / Administration or IT support / Mental health/ Emotional support.

Name: Lesley Osenieks

Position Title: Psychologist (in private practice)

Position Purpose: Providing psychological services to the Great Ocean Road community, plus accepting referrals from further afield in Colac Otway Shire and SurfCoast Shire.

Broad and specific areas of expertise:

*High prevalence disorders and issues including Stress, Anxiety, Depression

*Low prevalence disorders: Eating Disorders and higher weight concerns

*General concerns around physical health/mental health - eg. Enduring physical health conditions (for example - Diabetes, Heart Disease, Multiple Sclerosis).

*Offering EAP (Employee Assistance Program) for GORH employees.

Happy to work across the age ranges from 8 years through to older adults.

I am not currently offering specific assessment services for eg. Autism or ADHD.

Days of work: Monday and Friday at Lorne Medical Centre.

How to refer:

*GP referral via the General Practitioner Mental Health Plan (GPMHP). Clients to contact Lorne Medical Centre (03 52894333) for appointment on receipt of GPMHP.

*Self referrals welcome, which would be privately invoiced.

*EAP (Employee Assistance Program) - Contact directly on e - lesleyosenieks@gmail.com or m - 0417160870 (preferably leave a message for a return phone call). This service is free, confidential and funded by GORH.

Name: Matt Laessing

Position title: Alcohol and Other Drugs Clinician

Position Purpose: Alcohol and Other Drugs Clinician/ Dual Diagnosis. Specifically Alcohol and Other Drugs Clinician/ Dual Diagnosis referrals.

Qualification; Credentialed Mental Health Nurse with experience in:

Crisis Assessment and interventions , Psychosocial Support & Intervention, Acute Management, Mindfulness based Cognitive Behavioural Therapy, Youth Mental Health, Forensic Mental Health, Dual Diagnosis, Alcohol and Drug Mental Health, Borderline Personality Disorder, Depression, Anxiety.

Best contact details: 0499338797

How to refer: self-referral to Colac Area health calling 0352325100 or any other clinician referral to aod@cah.vic.gov.au

Broad areas of expertise (or specific areas): Working specifically in Alcohol and other Drugs for Colac Area Health.

Days of work: Friday Apollo Bay, employed by Colac Area Health.

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Name: Vernon Kaurah

Position Title: Brief Intervention Counsellor (Alcohol and other drugs)

Qualifications: General Nurse with post-basic qualifications in Mental Health.

Broad areas of expertise (or specific areas): Extensive acute mental health experience in both inpatient & community setting. GP Mental Health Nurse under previous PHN programme.

Interests: Migrant issues, AOD. Low prevalence disorders such as schizophrenia, bipolar disorders. Clients who have engaged with the forensic system.

Best contact: Vernon.Kaurah@bcyf.org.au

Mobile: 0490 786 733.

Days of work:

Monday: Winchelsea Medical Centre

Tuesday: Geelong: BCYF – 25 Gordan Ave, Geelong West.

Friday: Lorne Medical Centre

How to refer: Raquel Wright - 0432 688 769