

Currumbin Clinic

Mental health acute community service

Helping you with
your mental health
or addiction needs,
providing care and
support in your home

**For enquiries or referrals
please contact us via:**

T (07) 5525 9689 F (07) 5525 9686

E pbcc.daypatients@aurorahealth.com.au



**Scan to
learn more**

What is the Acute Community Service?

Our qualified mental health nurses assist and support you to work towards your individual recovery goals. Available Monday to Friday throughout the Gold Coast and Ballina, this service may be:

- An alternative to hospital admission
- Used in conjunction with outpatient appointments or day programs
- Part of the discharge plan from hospital

What the service provides

- Skills training in management of symptoms and medication
- Psycho education
- Relapse prevention and planning
- Exposure therapy
- Brief therapeutic interventions
- Referral to community supports
- Exercise
- Social engagement
(ie coffee shop, beach walks, shops or park)
- Someone to talk to without reservation or fear of judgment or criticism

Cost

This service is fully covered by the most Health Funds.

How to access the service

Your Currumbin Clinic treating psychiatrist can refer you if they feel it would benefit your continuing care. Most visits can continue for as long as the service is needed. Speak with your treating Psychiatrist or contact the Acute Community Service nurse unit manager on 0428 609 444.