

E: [newaccess@marathonhealth.com.au](mailto:newaccess@marathonhealth.com.au)  
Enquiry Link: [www.marathonhealth.com.au/newaccess](http://www.marathonhealth.com.au/newaccess)  
P: 02 6333 2838  
F: 02 6826 5299

## Client Information:

Last Name: \_\_\_\_\_ Given Names: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Gender: \_\_\_\_\_

Address: \_\_\_\_\_

Country of Birth: \_\_\_\_\_ Marital Status: \_\_\_\_\_

Phone: \_\_\_\_\_ Alternate Contact No: \_\_\_\_\_

Aboriginal or Torres Strait Islander? Yes ☐ No ☐

Commonwealth Benefit: DSP ☐ Newstart ☐ Other \_\_\_\_\_

Does the person have a GP? If so, please provide details \_\_\_\_\_

Does the person consent to New Access contacting their GP Yes ☐ No ☐

Are they currently accessing a Psychologist, Counsellor or Psychiatrist? Yes ☐ No ☐

Do they require assistance with reading and writing? Yes ☐ No ☐

Current presenting  
issues \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## Source of Referral:

Name: \_\_\_\_\_ Agency: \_\_\_\_\_

Address: \_\_\_\_\_

Role: \_\_\_\_\_ Email: \_\_\_\_\_

I (participant name) \_\_\_\_\_ consent to being referred to  
NewAccess and consent to the gathering and sharing of information between referrer agency, GP and  
NewAccess program.

Participant Signature: \_\_\_\_\_

Referral Date: \_\_\_\_\_ Referring Agent Signature: \_\_\_\_\_

## How does NewAccess work?

Many people need support for their mental health at some point in their lives. NewAccess is an evidence based, proven, early intervention program designed to support individuals experiencing mild to moderate depression and anxiety. This program is suited to individuals presenting with mild to moderate depression and anxiety.

**NewAccess is a free, confidential program for people in Western NSW, over the age of 16.**

It is available over the phone or face-to-face. The 'no referral', minimal wait times aims to increase access to ensure it is easy to get support when it is needed.

Over six sessions, including assessment the NewAccess coach will work with individuals using a low intensity, cognitive behaviour therapy model to identify and address the issues causing the individual distress. The coach supports the person to overcome the difficulties using proven, guided self-help techniques and resources. Specialist clinical supervisors oversee all coaches and review all cases.

For more information visit the Beyond Blue website: [www.beyondblue.org.au/get-support/newaccess](http://www.beyondblue.org.au/get-support/newaccess)

## How do I refer/access the program in Western NSW?

You don't need a medical referral or Mental Health Treatment Plan to gain access to the program. Individuals can self-refer or can be referred by a health professional, family member, friend or any person who has the consent of the individual requiring the support.

Make a self-referral or referral by:

**Online:** submitting an online enquiry form via [www.marathonhealth.com.au/newaccess](http://www.marathonhealth.com.au/newaccess)  
**Phone:** 02 6333 2838  
**Email:** [newaccess@marathonhealth.com.au](mailto:newaccess@marathonhealth.com.au)  
**Fax:** 02 6826 5299  
**Service hours of operation:** 9am-5pm Mon-Fri

Face to face appointments can be scheduled in the following locations:

Marathon Dubbo: 106 Talbragar Street, 2830  
Marathon Bathurst: 102 Keppel St, Bathurst NSW 2795

## NewAccess Eligibility

Once an enquiry from the individual or referral is received by the NewAccess program, the client will be contacted within 24 hours or the next business day to confirm eligibility and have their first appointment booked (within 7 days).

NewAccess is <b>NOT</b> a crisis service.. To get help in a crisis situation, call the Mental Health Line on 1800 011 511 or in an emergency call <b>000</b> .
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