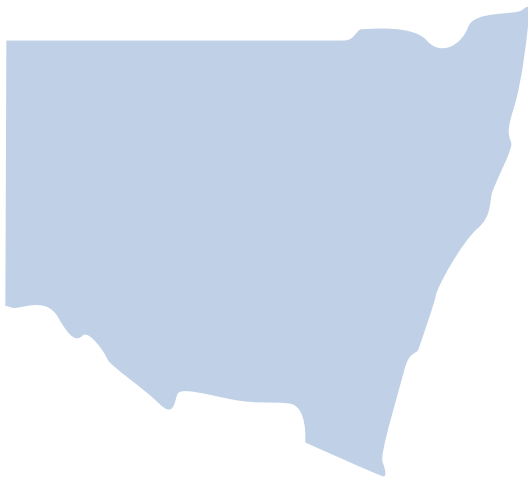


We want to  
keep **improving**  
**the quality** of  
our **mental**  
**health services**  
throughout NSW



### What if I have other questions?

All clinical mental health staff will receive training in offering you the Kessler 10 and will be able to help you in completing the questionnaire. So don't be afraid to ask for help – a member of staff will be happy to assist you.

However, there may be some questions that you may not feel comfortable asking mental health workers and a number of people and organisations can provide you with further information.

You can also talk to your local Mental Health Consumer Coordinator.

### Some useful telephone numbers

Local Area Health Service local 24 hour access number (this is listed in the 'White Pages' under 'H' for 'Health')

**NSW Association for Mental Health**

Tel. 1800 674 200

**Transcultural Mental Health Centre**

Tel. (02) 9840 3800

### Some useful internet or web sites include

NSW Association for Mental Health  
**[www.nswamh.org](http://www.nswamh.org)**

Mental Health Council of Australia  
**[www.mhca.com.au](http://www.mhca.com.au)**

NSW Department of Health  
**[www.health.nsw.gov.au](http://www.health.nsw.gov.au)**

Better  
mental  
health  
care  
for you

We want to keep **improving the quality** of our **mental health services** throughout NSW. To do this, we need to be able to do **thorough mental health assessments**. As part of this assessment, you will be asked to fill in a questionnaire about how you are feeling.

Making improvements in the way we do mental health assessments and the way we record your problems can help us better understand and address your mental health needs.

We want to continue improving NSW mental health services, and to do that we need to do assessments and record your responses. This will help to ensure that mental health workers' assessments incorporate your responses.

This has resulted in the development of the **Mental Health Outcomes and Assessment Tools (MH-OAT) initiative**.

## What does MH-OAT do?

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MH-OAT aims to strengthen the assessment skills of NSW mental health workers. It also aims to ensure that the information you share with your mental health workers is documented clearly and accurately. By doing this, we hope that we can work with you to better plan your care or the care of your relative or friend.

## What does MH-OAT mean to you?

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As a result of MH-OAT clinical staff involved in your care will have a better **understanding of your needs** and how your mental health status has changed after treatment and contact with mental health services.

Staff will have a better way of recording the way they work with you and your carer.

Assessments in NSW will be recorded the same way across the state. This will help mental health services **work more efficiently and effectively** and ensure NSW meets the National Standards of Mental Health Care.

In time, we hope that MH-OAT will mean that staff can conduct one assessment and that with your consent clinicians can use this information wherever you present for care.

## What is the K-10 ?

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As part of the MH-OAT initiative you will be asked to complete a questionnaire on how you are feeling. This questionnaire is called the **Kessler-10 or K-10**.

The questionnaire is made up of 10-14 questions that provide information on the way you feel, how well you are able to cope with your usual activities, and how you rate your own mental health. It should only take about fifteen minutes to complete. While you are not obliged to fill it

out, the answers to these questions will provide staff with important information so that you can work with your mental health worker to better plan your care.

Completing the questionnaire gives you an opportunity to express how you have been feeling recently. Completing it again later will help you and your mental health worker look for any changes in your mental health.

**If you choose not to complete the questionnaire, it will in no way affect the treatment you receive.**

It is important that we get information on the way that you are feeling, so you should answer the questions by yourself. However, if you need some help, a member of staff can assist you to fill in the questionnaire. Spouses, other family members, or friends should not help you.

## Who will get this information?

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When you answer the questions the information becomes part of your medical record and will be treated with the same level of confidentiality.

## What if I have difficulty reading English?

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The Kessler-10 is also available in a number of other languages including Vietnamese, Chinese, Arabic, Italian and German.