



Inquiry into annual and financial reports 2024–2025

Answer to question on notice

Asked by: Mr Shane Rattenbury MLA

Addressed to: Minister for Mental Health

Reference: Health - Canberra Health Services

Hearing: 11 November 2025

In relation to: Long term therapy and follow-up of mental health patients

Question received: 19 November 2025

Answer Due: 26 November 2025

- 1) Who currently has responsibility for long term therapy and follow-up of mental health patients in the ACT?

MINISTER STEPHEN-SMITH MLA: The answer to the Member's question is as follows:

- 1) Canberra Health Services (CHS) provides a range of therapeutic programs and various forms of follow-up for people in the ACT through the public health system who experience moderate to severe mental illness. The duration of therapy programs is influenced by a number of factors including the person's needs and the specific treatment modality.

The Health and Community Services Directorate (HCSD) funds a range of services that provide follow up and support for people after they leave hospital. This includes adult and youth Step-Up Step-Down residential programs, which provide up to three months of structured support following discharge from an inpatient unit and the Transition to Recovery (Trec) intensive outreach service, which also assists people as they move back to community. These services work in partnership with CHS to ensure a safe and coordinated transition from hospital to ongoing community-based care.

HCSD also funds community-based organisations and programs provide support for Canberrans experiencing a range of mental health challenges who do not require inpatient or acute care. This includes perinatal mental health services, specific services for children and young people and supports for people experiencing co-occurring vulnerabilities.

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Additionally, therapeutic programs and follow-up are also provided through primary care, community organisations, and private practitioners. This includes services funded by the Commonwealth Government, through health insurance and privately.

Approved for circulation to the Standing Committee on Social Policy

Signature:



Date:

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By the Minister for Mental Health, Rachel Stephen-Smith