The Better Outcomes in Mental Health Care and Better Access policy initiatives have expanded consumer access to psychological treatments. These programs fund treatments provided by health professionals including general practitioners (GPs), psychologists, social workers, occupational therapists and Indigenous health workers.

We reviewed the evidence for the effectiveness and cost effectiveness of psychological treatments given by these providers to primary health care populations experiencing anxiety and depression. We explored the evidence for, and the components of, collaborative models of mental health care.

**KEY FINDINGS**

- GPs delivery of problem-solving therapy for depression is superior to usual treatment and equivalent to treatment with antidepressant medication. No studies on the cost-effectiveness of GP-delivered psychological treatments were identified.

- Psychotherapy provided by psychologists is as effective as medication and is superior to usual treatment for depression. Interventions provided by psychologists represent good value-for-money.

- In primary health care settings, collaborative interventions involving psychotherapy, multi-professional approaches, structured management plans, scheduled follow-up and enhanced communication are superior to usual treatment for depression, panic disorder and generalised anxiety disorder. Limited evidence suggests these interventions are cost-effective for depression and panic disorder.

- Some evidence shows social workers effectively deliver psychological therapies for depression and anxiety. No studies identified regarding the effectiveness of psychotherapy delivered by occupational therapists and Indigenous health workers.

For more details, go to the three page report.

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