



# Accessing Counselling For Your Patients



Developed by North East Valley Division of General Practice December 2005

|                            |  |   |   |   |  |   |   |   |  |
|----------------------------|--|---|---|---|--|---|---|---|--|
| <p><b>Requirements</b></p> | <p><b>North East Primary Mental Health Team</b></p>  | <p><b>GP Referral Only</b><br/>GPs in Banyule and Millumbik<br/>No self-referrals can be made</p>   | <p><b>Better Outcomes in Mental Health Program</b></p>  | <p><b>Must be registered with the BOMHCP &amp; Building the Links Project</b><br/>AHP must be registered with the Division</p>  | <p><b>HIC Registered Psychologists &amp; Counsellors</b></p>   | <p><b>Requires completion of both GPMP &amp; TCA</b><br/>(GPMP Item No: 721)<br/>(TCA Item No: 723)<br/>Referral to Allied Health Provider (AHP) registered with Medicare Australia</p> | <p><b>Community Health Services</b></p> | <p><b>Health Care Card holder who live or work in the catchment area of the chosen CHS</b><br/>Patient must speak directly to Intake Worker during referral process<br/><b>GP &amp; patient self referral are available</b></p> | <p><b>Austin Psychology Clinic</b></p> |
| <p><b>Contacts</b></p>     | <p><b>PMHT Duty Worker</b><br/><b>0438 433 442</b><br/><b>Fax referrals: 9431 6927</b><br/>(Use PMHT referral form available at <a href="http://www.nevdgp.org.au">www.nevdgp.org.au</a>)<br/>Admin: 9431 1333</p> | <p><b>GPs not Registered:</b><br/>Contact Division <b>9496 4333</b><br/><b>Registered GPs:</b><br/>Refer direct to Allied Health Provider selected from a Directory<br/>Directory lists 50 local counsellors by individual listings, location, expertise &amp; language</p> | <p>Referrals made directly to the Allied Health Provider (AHP)<br/><b>Ring prior to referral to ensure AHP is registered.</b></p>   | <p><b>Banyule CHS - Greensborough:</b><br/>Tel: (03) 9433 5111<br/>Fax: (03) 9435 8922<br/><b>Banyule CHS - Heidelberg West:</b><br/>Tel: (03) 9450 2000<br/>Fax: (03) 9459 5808<br/><b>Millumbik CHS: Eitham:</b><br/>Tel: (03) 9431 6968<br/><b>Darebin CHS: Northcote:</b><br/>Tel: (03) 9489 1388</p> | <p>Tel: 9496 4496</p>  |   |   |   |  |
| <p><b>Service</b></p>      | <p><b>Operates: Mon to Fri 9am-5pm</b><br/>Includes:<br/>Consultant Psychiatrist, Clinical Psychologists &amp; Social Workers<br/><b>Provides assessment &amp; referral advice</b></p>                             | <p><b>Operates: Providers hours</b><br/>Up to <b>6 sessions</b> (plus access to up to six further sessions following review)</p>  | <p><b>Operates: Providers hours</b><br/>Up to <b>5 sessions</b> with an allied health provider. Sessions are Medicare rebatable</p> | <p><b>Operates: Mon to Fri 9am-5pm</b><br/>Range services available:<br/>Immediate assessment, Ongoing counselling<br/>Group work.</p>  | <p><b>Operates: Mon to Fri 9am-5pm</b><br/><b>General CBT Clinic:</b><br/>Depression, Anxiety, Chronic Pain, Adjustment disorders &amp; Eating Disorders<br/><b>Infant Clinic:</b> Ante &amp; Post natal support for depression, settling issues, difficulty with attachment etc</p> |   |   |   |  |
| <p><b>Patients</b></p>     | <p>Patients across the lifespan<br/>Young people aged 16-25 with early psychosis &amp; people with eating disorders</p>  | <p>Patient of GPs registered with the BOMHCP who have completed 3 step Mental Health Process</p>  | <p>Patients with complex and chronic conditions (including mental health)</p>   | <p>Health Care Card holder who live or work in the catchment area of the chosen CHS</p>   | <p></p>  |   |   |   |  |
| <p><b>Cost</b></p>         | <p>Service free to eligible patients</p>   | <p>Service free to eligible patients</p>  | <p>Patients may be asked to make a co-payment, <b>check cost at time of referral</b></p>  | <p>Service free to eligible patients</p>  | <p><b>Small cost (\$30 - 100)</b><br/>Sliding scale of fees depending on annual family income)</p>   |   |   |   |  |