



## Consultant Psychiatrist, Nurse Practitioners and Credentialed Mental Health Nurses

Our focus is to work collaboratively with clients and their GPs.

Our clinicians provide a wrap-around service for adults experiencing mental health difficulties.

### Psychiatry Services: 3-step Appointment model

- Diagnosis
- Medication Management
- Severe and complex conditions (bipolar disorder, depression, psychosis, identity problems)
- ADHD; ASD, OCD
- Trauma and Stress management
- Generalised and social anxiety (panic attacks)

### 3-step Appointment model

- 1 - Initial assessment: Nurse
- 2 - Diagnostic consultation / assessment: Psychiatrist
- 3 - Review: Nurse

**Full payment is required prior to first appointment.**

### Specialist Support Services - Nurse Practitioner or Credentialed Mental Health Nurse

- Life transitions (grief, divorce, menopause)
- Family and parental difficulties (inc. relationship breakdown)
- Perinatal
- Eating disorders
- Domestic violence
- Men's counselling
- Cultural barriers
- Sexual and gender complexities
- Substance abuse

**Self-referrals accepted, GP referral is not required.**

**For more information about our Services, please contact Outcome Health**

Tel: (03) 8822 8444 | Fax: (03) 8888 4977

#### **We are not a Crisis Support Service.**

If you are experiencing a crisis or are concerned about your own or someone else's safety, please consider contacting Emergency Services on 000, attend the closest Emergency Department or call local public psychiatric triage services for further help.



# PSYCHIATRY SERVICES

## Information for Patients

**Once we have received your psychiatry referral from your GP, we will contact you to arrange appointment dates for your Initial Assessment and subsequent Consultation.**

### **Intake Process:**

- We will send you forms to complete as part of our Intake Process. Please return these completed forms 1 week prior to your first appointment.
- Payment is required in full, 1 week prior to your first appointment.
- Should our service not be deemed appropriate for your clinical needs you will be informed and the appropriate refund paid.

Our unique **3-step Appointment** model ensures you are supported every step of the way.

### **Step 1 - Initial Assessment with Nurse**

Review of intake forms.

Full medical history and health assessment.

Appointment time: 1.5 hours

### **Step 2 - Consultation with Psychiatrist**

Meet with Psychiatrist for a diagnostic consultation/assessment.

Medication/recommendations will be made if required.

GP update letter sent.

Appointment time: 1 hour

### **Step 3 - Review with Nurse**

Follow up appointment with Nurse for a medication review and general check in.

Further appointments will be booked depending on requirements.

**Psychiatry Services:** Payment is required in full, prior to your first appointment.

You may be eligible to claim a rebate from your consultation if you have an eligible referral.

Unfortunately, due to the frequency of non-attendances, cancellations of appointments without 2 business days' prior notice will also lead to a cancellation fee as other patients cannot access these reserved appointments.

**Specialist Support Services:** Payment is required at the completion of your session.

Please see our website for more details.