

Mental Health Shared Care in General Practice Information for Consumers

You have been referred to a mental health clinician by your GP for counselling and ongoing support. There is no charge for this service.

What does it involve?

This service involves you, your GP and your mental health clinician working together to improve your overall physical and mental health. The mental health clinicians are psychologists, nurses, occupational therapists and social workers.

*The service does not provide medico-legal reports eg for Centrelink, Workcover or the courts.

What are psychological interventions?

These are therapies that clinicians use to help people develop skills to manage the symptoms that concern them. Clients are encouraged to be fully involved in planning their treatment, and will be supported to practice strategies between sessions.

Interventions include cognitive behavioural therapy, relaxation and skills training, interpersonal therapy, and psycho-education.

Privacy

A summary of your therapy will be shared with your referring GP and form part of your medical record. Please alert your clinician if there are specific details that you do not wish to be recorded. You will be given a consent form to sign to allow your mental health clinician to communicate with the relevant professionals involved in your care.

All personal information gathered by the clinician during the therapy will remain confidential and secure except where:

- It is requested by a court
- If there is a risk of safety to yourself or another person
- If disclosure is required by state or commonwealth law or if prior approval has been obtained.

Attendance

Appointment times are negotiated directly with your clinician, depending on your needs and the availability of the clinician. Please discuss attendance with your clinician, as continual failure to attend without notification may result in the termination of your treatment. Please give more than 24 hours notice for cancellations unless due to illness. For duty of care reasons, your clinician will contact you if you DNA or cancel an appointment.

If you are unable to attend a scheduled appointment please contact your clinician on the number provided.

Feedback

After your first six therapeutic sessions, you will be provided with a confidential Patient Feedback form to complete and send back for the purpose of service improvement.

If you have any complaints about the service you have received, please contact the Mental Health Programs Manager at **gpns** on the number below.

Contact Information

General Practice Network South (gpns)

Mental Health Programs

Box 1, Level 3A, Mark Oliphant Building

5 Laffer Drive, Bedford Park SA 5042

Ph: 08 8374 7000