

Mental Health Referral Options Pathway

GP completes assessment of mental health issues
(E.g. Depression, Psychosis, Mood disorder, Alcohol & Other Drug Intake)
Is there a risk of Suicide / Homicide?
Is the patient acutely psychotic?

Yes - Urgent Referral

Contact Acute Care Team (ACT) on
4920 6111 (Rockhampton / Yeppoon)
or
4976 3244 (Gladstone)
to discuss referral
(while patient is still at practice).

GP is confident that patient will
attend A & E or referred support

YES

GP to ensure
patient has
followed up as
planned.

NO

GP to contact
ACT for
Involuntary
Assessment
process and
advice.

*This still needs
to occur even if
the patient has
fled the practice*

Contact Police - 000

If at any time a patient becomes
aggressive or you are concerned
about the safety of yourself or your
staff, contact the Police immediately.

No - Non Urgent Mental Health Referral Options

Counselling

GP decides on counselling options:

- CaMHP (using GP Mental Health Care Plan #2710)
- Non-Govt. Organisations (NGO)
- Better Access - (Private Psychologist - using GP MH Care Plan #2710)
- Private Psychologist (Non Medicare)
- Department of Veteran Affairs (DVA)
- Mental Health Nurse

CaMHP

CaMHP provides six to twelve free focused psychological strategy sessions for eligible patients.

- Refer to the [CaMHP Referral Pathway](#) for further information or contact the Division on 4921 7777.

Better Access

Better Access allows a client to claim for psychological therapy sessions via Medicare (upon GP referral only)

- Refer to the [Better Access Orientation Manual](#) for further information.
- For more information about the MBS items, refer to the [MBS Website](#)

NGO

- Refer to the Division's [Health Service Directory](#) for contact details of NGO providing counseling services.

Private Psychology

- Refer to the Division's [Health Service Directory](#) for contact details of private psychologists.

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Department of Veteran Affairs (DVA)

- If patient is currently serving in the Australian Defence Force, or is a Veteran, or is a member of a Veteran's Family - GP referral to Vietnam Veterans Counselling Service (VVCS) - **1800 011 046**
- If patient has a Gold DVA treatment card they can be referred direct to a Private Psychologist, Psychiatrist (refer to Private Psychology or Psychiatry Pathway)
- If patient has a White DVA treatment card, contact DVA on **1800 555 254** to confirm eligibility for specific treatment. Where eligible patient can be referred direct to a Private Psychologist or Psychiatrist refer to Private Psychology or Psychiatry Pathway

Mental Health Nursing

[Mental Nursing Program](#) provides assistance to GPs in the management of patients who have previously been hospitalised or are at risk of being hospitalised due to a mental illness.

- Refer to the [Mental Health Nurse Referral Pathway](#) for further information or contact the Division on 4921 7777.

Mental Health Service

GP needs Mental Health Service input due to:

- Previous history
- Complexity of diagnosis
- Concerns regarding medication.

NO

Refer to Counselling

YES

GP referral to **Mental Health Service**

GP shares ongoing patient management

- Refer to [Mental Health Service Referral Pathway](#) for further details

Alternatively contact the local Mental Health Service ACT Team, to discuss referral options:

Rockhampton / Yeppoon - 4920 6111
Gladstone - 4976 3244

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Private Psychiatry

GP to determine whether referring for:

- One off assessment and development of a management plan (MBS Items 291 and review 293)
- Ongoing management of patient by the psychiatrist (MBS Items 300—308)

GP to completed appropriate referral form and select one of the above options.

Completed referrals should be faxed to the Private Psychiatrist or the local Mental Health Service (Refer to [Mental Health Service Referral Pathway](#))

Assess & Management Plan (291 & 293)

Psychiatry review and input is required when:

- Non-urgent / Non-acute case.
- GP needs advice with diagnosis and future management.

Psychiatrist provides GP with written 12 month management plan within 2 weeks of patient assessment.

GP is responsible for implementing the management plan.

- Refer to MBS Online for information on [Psychiatry MBS items](#)

N.B. If A request for a 291 was conducted via a Psychiatrist at the Mental Health Service, this does not constitute a referral into the Mental Health Service. It is a one off request for the provision of a management plan.

If the Management Plan provided by the Psychiatrist suggests admission into the Mental Health Service, a new referral is to be completed indicating as such.

Ongoing Management (300 - 308)

GP to provide Psychiatrist referral. Patient makes Psychiatry appointment.

Psychiatrist to provide GP with feedback on patient progress.

Detoxification

GP to assess whether patient is suitable for Home or Hospital Detoxification

GP to contact :

- ATODS for home or public hospital detoxification on
 - 4920 5500 (Rocky / Yeppoon)
 - 4976 3364 (Gladstone); or
- DON at Hillcrest Private Hospital for Private Physician / Psychiatrist contact details and availability.

- Refer to [Detoxification Referral Pathway](#) for further details.

Principles for treating alcohol and common mental health problems.

At low levels of drinking mental health problems should be the focus of treatment.

At risky / hazardous levels, alcohol use & the mental health problem should be treated in an integrated way.

At higher risk levels, the alcohol use should be the focus.