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### ***Crisis or Emergency services:***

- Requests for urgent help should be directed to your General Practitioner.
- 24 hour crisis or emergency mental health assistance is provided by the Psychiatric Triage Service at The Alfred Hospital on 1300 363 746.
- The police and ambulance service also provide emergency assistance. They can be contacted by phoning 000.

### ***What we don't provide:***

- Crisis response.
- Reports for court cases or workcover.
- Second opinions where specialist mental health advice has already been obtained.
- Long term management.

### ***Protecting your Privacy:***

As part of Alfred Health, the PMHT supports and complies with the Victorian Department of Human Services' Information Privacy Principles. Details can be obtained from your clinician, the PMHT or Alfred Health.

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Primary Mental Health Team  
Level 2, 435 Malvern Road,  
South Yarra, 3141  
Phone: (03) 9076 4775 Fax: (03) 9076 9855

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# Primary Mental Health Team

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CLIENT INFORMATION

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**The Primary Mental Health Team (PMHT)** is a team of mental health professionals who provide support and consultation to **Primary Health Care Services** in Melbourne's Inner South East.

We aim to assist General Practitioners and other Primary Health Care Providers in working with individuals who have common and sometimes complex mental health problems, particularly anxiety and depression.

## *Assessment and Advice*

You have been referred to the PMHT for a mental health assessment and treatment recommendation plan. Our aim is to provide guidance to your General Practitioner and other professionals involved in your care to help you achieve optimum mental health.

You will be seen for a **1 to 1 ½ hour appointment** and will be asked to talk about your experiences and concerns. It would be helpful if you bring along any relevant information such as any past psychological or psychiatric assessments, current and past medications, etc.

Following your appointment we will write to your General Practitioner and other professionals involved in your care (as identified by you) with our recommendations. We advise you make a **follow-up appointment** to see your General Practitioner within 2-4 weeks to discuss our recommendations. Your general practitioner will then continue with your follow-up care.

## *Appointments*

### ◆ *The PMHT Service location:*

The PMHT Service is located at Waiora Clinic, Second Floor, 435 Malvern Road, South Yarra (entry from Hobson Street). You will receive a letter inviting you to contact our reception to arrange an appointment. Appointments are available during normal business hours.

If you are unable to keep your appointment please contact the PMHT reception on 9076 4775.

### ◆ *Consultation Fees:*

The consultation with the PMHT clinician is free of charge. The service is funded as part of Alfred Psychiatry.

## *Related Websites which may be of interest*

[www.alfred.org.au](http://www.alfred.org.au)

[www.health.vic.gov.au/mentalhealth/services/index.htm](http://www.health.vic.gov.au/mentalhealth/services/index.htm)

[www.betterhealth.vic.gov.au/](http://www.betterhealth.vic.gov.au/)

[www.beyondblue.org.au](http://www.beyondblue.org.au)

### **Please note:**

Your General Practitioner will continue to provide your ongoing care. The PMHT Service provides an assessment and management plan to assist in this process.

We would welcome any feedback about any aspect of your experience with us.

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