

Who are we?

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

What do we do?

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.

What services do we provide?

(see reverse for more detailed information)

Primary consultation

- ✓ Clinical assessments
- ✓ Management & treatment advice
- ✓ Targeted short-term individual & group Interventions
- ✓ Telephone consultations & advice

Secondary Consultation

- ✓ Group case discussions
- ✓ Telephone consultation & advice
- ✓ Information and linkage to regional mental health services

Tertiary consultation and service development

- ✓ Education and Training
- ✓ Integrated mental health promotion



TheAlfred

Primary Mental Health Team

Primary Health Care Service Practitioner Information

Level 2, 435 Malvern Road
South Yarra, 3141

Phone: (03) 9076 4775

Referrals for primary consultations can be made by either faxing a **PMHT Referral Form** or calling the Alfred Psychiatry Central Intake Service

Ph: (03) 9076 9888

FAX: (03) 9076 9855

For all other services or queries call the PMHT direct line Ph: 9076 4775

Service Fees:

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

Most education and training offered by the PMHT is free of charge, except where explicitly stated.

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.

Crisis or Emergency services:

24 hour crisis or emergency mental health assistance is provided by the Alfred Psychiatry Triage Service by calling Toll Free on: **1300 363 746**.

The police and ambulance service also provide emergency assistance. They can be contacted by phoning 000.

How can I refer a client for an assessment?

How to request our services?

Referrals to the PMHT can be made through the Alfred Psychiatry Central Intake Service by either placing a call or faxing a **PMHT Referral Form**:
Ph: (03) 9076 9888
FAX: (03) 9076 9855

Referrals to the PMHT are usually made by General Practitioners. Referrals initiated by other Primary Health Care Providers should be made in consultation with the client's GP.

What happens following the referral?

Once the Intake Team receives a referral they will endeavor to contact you and the client where necessary, for further referral clarification. They will then discuss the suitability of the referral with the PMHT.

The PMHT will contact the client by phone and/or mail to book an appointment. The interview typically takes place 2-3 weeks following receipt of referral.

The client is seen for a 1- 1 ½ hour appointment by a psychiatric registrar and/or a clinical psychologist. Interviews usually take place in our offices, however, interviews can also be arranged in GP clinics if necessary.

A report is then mailed to the GP, the client and other key stakeholders (with client consent). Client feedback consultations may also occur.

What can I tell my client about the PMHT?

A **PMHT Client Information** flyer is available to facilitate your discussion with your client prior to making the referral

Can I have assistance with conducting mental health assessments myself?

The team welcomes opportunities to provide assistance and support to Primary Health Care providers in the formulation and management of mental health difficulties.

These opportunities provide valuable collegial support, help to refine assessment skills and address more complex client needs.

Can I access telephone consultations?

The team is available to discuss a pending assessment or provide information and recommendations about the treatment of a person with anxiety and depression. For more complex presentations a full assessment may be recommended.

Can you help me with information and linkage to other regional mental health services?

The team can assist you in deciding the most appropriate service component for further treatment of a client you are currently managing.

Do you provide long-term management?

Our services are designed to enhance capacity and assist GPs and other health care practitioners to continue to provide quality mental health care and management to their clients. This is provided through an assessment process and where appropriate short-term interventions.

Individual interventions -The team can provide individual time-limited therapy to clients who have undergone a clinical assessment and would otherwise not be able to access a similar service in the private or public sector. Offers of this service are limited.

Group Interventions: The team develops and runs group programs, (single or a series of sessions) usually in collaboration with other primary service providers and as such are often run in the community or GP clinics. Referrals are accepted from all primary health care providers.

What Education and Training does the PMHT offer?

We have a broad range of education services available to GP's and Primary Health Care Providers relating to mental health issues, management and care.

Primary health care practitioners can attend education sessions and workshops listed on the **PMHT Education and Training Calendar**.

In addition, we run education and training sessions tailored to meet the needs of individual services. To discuss your training needs, phone: 9076 4775

We are always interested in new joint group program delivery and service development initiatives, so feel free to call and discuss your service and client needs or ideas with us.

For additional information and printable copies of the PMHT **Practitioner Information flyer**, **Client Information flyer**, **Referral Form**, **Education and Training Calendar** and upcoming **Group Programs** contact the PMHT on Ph: (03)9076 4775