

OTHER SERVICES

Mental Health Consult

What is a Mental Health Consult?

A longer appointment with your doctor (20 minutes or more) in which you and your doctor focus on your mental health. These longer consultations might be used as part of your MHTP; however you do not have to have a Mental Health Treatment Plan to have a Mental Health consult.

More Information:

A number of fact sheets and information on depression, anxiety and related substance use disorders are available from beyondblue, the National Depression Initiative, at www.beyondblue.org.au

Links to other mental health services can also be found at the www.beyondblue.org.au website.

SMS Reminders

If you agree to receive SMS reminders when you are due for a review, you will receive a SMS advising that you have a health message from our practice.

These are secure messages which will ask you to verify your identify by entering your name and date of birth.

You will then see the reminder for the service which you are due.

To make the appointment give our friendly team a call.

Your Mental Health Team

You

Your goals towards improving your mental health and wellbeing.

Usual GP

Assists you to set achievable goals, plans and organises your treatment and services, regularly monitors your progress and updates your mental health treatment plan to meet your needs.

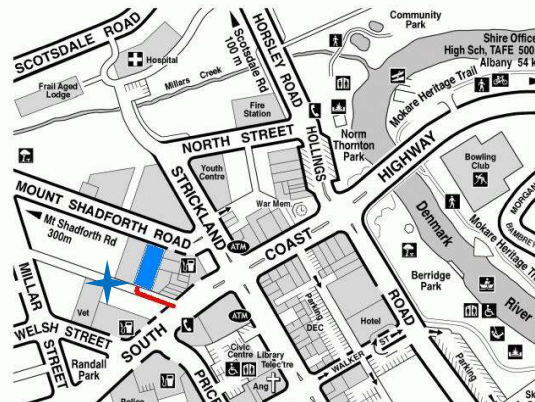
Practice Admin

Remind you of services when they are due and coordinate your appointments.

Health Care Providers

Assist you to achieve you goals and help you to improve your mental health and wellbeing.

Our Location:



Denmark Medical Centre is a fully accredited general practice. This is your guarantee of a quality service. Please ask at Reception if you would like more information.



Denmark Medical Centre

Caring for patients in Denmark and Walpole

Patient Information

GP Mental Health Treatment Plans

Call us on 9848 4111 or
Visit us at Unit 3, 3 Mount Shadforth Road
Denmark WA 6333

Find us online: www.denmarkmedicalcentre.com.au



or download the Priority MediCentre App



Mental Health Treatment Plan (MHTP)

What is a GP Mental Health Treatment Plan?

A MHTP is a plan made by your doctor for the long term treatment of a mental health condition that interferes with cognitive, emotional or social abilities.

How do I get a GP Mental Health Treatment Plan?

Your doctor will work with you to assess your mental health, work out what help you need, set goals and choose the treatment that would best suit you. Once you and your doctor have agreed on your goals and what you need to achieve, your doctor will write out a Mental Health Treatment Plan.

What are the benefits from having a GP Mental Health Treatment Plan?

It can help you to set goals, monitor your progress and achieve your goals. A clear, long term plan can lead to better treatment and is more effective than just dealing with problems when they arise.

Having a plan also helps everyone involved in your mental health care (e.g.: psychiatrists & psychologists) to work towards the same goal.

Are there Medicare Rebates?

Patients who are treated under a MHTP are eligible for up to 10 subsidised individual sessions per calendar year with an Allied Mental Health professional who is registered with Medicare.

What happens after a GP Mental Health Care Plan is prepared?

Your doctor will review your progress against the plan by looking at how you are going compared to the goals you have set, and updating the plan if needed. Usually this happens one to six months after the plan is made. Sometimes there will be another review three months after the first review.

You might have other visits with your doctor between reviews as part of your treatment. You don't have to wait for a review to talk about any concerns you might have or changes you might want to make to your plan, you can discuss these with your doctor at any time.

What treatment will be included in the plan?

Treatment will depend on your individual situation. It might include seeing a psychiatrist or psychologist, another doctor or health professional, referral to other services, or medication.

Will I get a copy of the plan?

Your doctor will offer you a copy of the plan and will also keep a copy of your medical records. If you consent, a copy can also be given to other people such as your psychologist or carer.

Common Mental Health Conditions include:

- Chronic psychotic disorders
- Acute psychotic disorders
- Schizophrenia
- Bipolar disorders
- Phobic disorders
- Generalised anxiety disorders
- Adjustment disorders
- Unexplained somatic (physical) complaints
- Depression
- Sexual disorder
- Conduct disorder
- Bereavement disorder (grief & loss)
- Post-Traumatic Stress disorders
- Eating disorders
- Panic disorders
- Alcohol &/Drug use disorders
- Mixed anxiety and depression
- Dissociative (conversion) disorders
- Neurasthenia (chronic fatigue & weakness)
- Sleep problems
- Attention deficit hyperactive disorder
- Enuresis (bedwetting)
- Obsessive compulsive disorder
- Mental disorders, not otherwise specified.