GP INITIAL REFERRAL AND MHTP  
Psychological Support Services (PSS)

**THIS IS NOT A CRISIS SERVICE**, if crisis assistance is required, please call the Mental Health Access Line on: **1800 011 511 or 000**

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| **SUBMIT COMPLETED REFERRALS via SECURE FAX: : 1300 110 917 or HEALTHLINK ID: CESPHNMH** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **DATE OF REFERRAL** | | | | | | | | /      / | | | | | | | | | | | | | | | | | | | | | |
| **Program Eligibility *(please check each item - patient must meet each criteria below to be referred)***  Patient lives, works or goes to school in the Central and Eastern Sydney region  Patient has NOT accessed Medicare rebated psychological services this calendar year under Better Access  Patient is unable to access other available services, including Better Access  Patient is experiencing mild to moderate mental illness, or severe mental illness and would benefit from short term psychological intervention  Patient is not better suited to a crisis or specialist domestic violence services and is not involved in court or insurance matters  **Underserviced Group *(please check at least one item - patient must meet at least one criteria below to be referred)*** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Child (0 – 12 years old and under)  Young person (12 – 25 years old) Headspace  Women experiencing perinatal depression *Baby’s Date of Birth \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*  Other underservices groups, includes: | | | | | | | | | | | | | Has attempted, or is at risk of suicide, or self-harm (non-acute)  Culturally and Linguistically Diverse (CALD) background   Lesbian, Gay, Bisexual, Transgender, Intersex, Queer (LGBTIQ)  Identifies as Aboriginal and/or Torres Strait Islander (K5) | | | | | | | | | | | | | | | | |
| * Adult who is unable to access Better Access due to financial or other constraints * Adult who is, or at risk of becoming homeless * Adult who is living within the following Local Government Areas: *Bayside, Georges River, Canterbury City, Strathfield* | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **GP DETAILS** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| GP Name | | | |  | | | | | | | | | | | | | Practice Name | | | |  | | | | | | | | |
| Practice postcode | | | |  | | | | | | Practice phone | | | | | | |  | | | | Practice fax | | | | | |  | | |
| GP or practice email | | | |  | | | | | | | | | | | | | | | | | | | | | | | | | |
| *\*\*\* please note that if an e-mail address is not provided you will not receive referral confirmation.* | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **PATIENT DETAILS** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| First Name | | |  | | | | | | | | | | | | | | Last Name | | | |  | | | | | | | | |
| Date of Birth | | |  | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Marital Status | | | Never Married  Widowed  Divorced  Separated  Married/De facto | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Current Gender Identity | | | | | Male  Female  Non-binary  Different Identity | | | | | | | | | | | | | | | | | | | | | | | | |
| Address | | |  | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Suburb | | |  | | | | | | | | | | | | | | Postcode | | | |  | | | | | | | | |
| Phone 1 | | |  | | | | | | | | | | | | | | Phone 2 | | | |  | | | | | | | | |
| Healthcare Card | | | Yes  No | | | | | | | | | | | | | | NDIS Participation | | | | Yes  No | | | | | | | | |
| Country of Birth | | |  | | | | | | | | | | | | | | Cultural Identity | | | |  | | | | | | | | |
| Aboriginal or Torres Strait Islander | | | | | | | | | Aboriginal  Torres Strait Islander  Both  Neither  Unknown | | | | | | | | | | | | | | | | | | | | |
| Main language spoken at home | | | | | | | | |  | | | | | | | | | | | | | | | | | | | | |
| Proficiency in spoken English | | | | | | | | | Very Well  Well  Not Well  Not at All | | | | | | | | | | | | | | | | | | | | |
| **MENTAL HEALTH SELF-ASSESSMENT TOOL (to be completed by patients over 16 years old)** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| **Assessment Tool Used: (e.g. DASS, K10)  The K5 must be used when referring patients who identify as Aboriginal or Torres Strait Islander** | | | | | | | |  | | | | | | | | | | | | | | | | | | | | | |
| **Total Score:** | | | | | | | |  | | | | | | | | | | | | | | | | | | | | | |
| **Additional Questions** | | | | | | | | In addition to the assessment tool used, please ask patient to complete the following functionality questions. | | | | | | | | | | | | | | | | | | | | | |
| **In the last 4 weeks:** | | | | | | | | | | | |  | | | | | | | | | | | | | | | | | |
| 1 | how many days were you totally unable to work, study or manage your day to day activities because of these feelings? | | | | | | | | | | | (Number of Days) | | | | | | | | | | | | | | | | | |
| 2 | aside from those days, in the past four weeks, how many days were you able to work or study or manage your day to day activities, but had to cut down on what you did because of these feelings? | | | | | | | | | | | (Number of Days) | | | | | | | | | | | | | | | | | |
| 3 | how many times have you seen a doctor or any other health professional about these feelings? | | | | | | | | | | | (Number of Consultations) | | | | | | | | | | | | | | | | | |
| **None of the time** | | **A little of the time** | | | | | **Some of the time** | | **Most of the time** | **All of the time** | | | | | | | **Not stated / Missing** |
| 4 | how often have physical health problems been the main cause of these feelings? | | | | | | | | | | |  | | |  | | | |  | |  |  | | | | | | |  |
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| **CO-MORBID ISSUES** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Please indicate if the client has any of the below co-morbid issues | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Chronic physical illness | | | | | | | | | | | | | | | | Personality issues | | | | | | | | | | | | | |
| Drug and alcohol issues | | | | | | | | | | | | | | | | Psychosocial stressors | | | | | | | | | | | | | |
| Intellectual disability | | | | | | | | | | | | | | | | Suicidality | | | | | | | | | | | | | |
| Psychiatric co-morbidity | | | | | | | | | | | | | | | |  | | | | | | | | | | | | | |
| |  |  |  |  | | --- | --- | --- | --- | | **PATIENT CONSENT:** *Referral cannot proceed without patient consent* | | | | | Referring GP confirms that the patient understands and consents to the following;   * The attached Mental Health Treatment Plan/Review to be sent to CESPHN and agrees to the outlined goals and treatments * That CESPHN collects and shares information within the requirements of the Privacy Act 1988, with the PSS Provider Organisation and treating Mental Health Professional * For administration and evaluation purposes, the patient agrees to their clinical and non-clinical information being provided to CESPHN. * That they will be contacted by the allocated PSS Provider Organisation or Mental Health Professional to arrange an appoinment. * That they may be contacted by CESPHN or its representative to complete a client experince of care survey   Yes  No | | | | | **GP SIGNATURE:** |  | **DATE:** | /      / | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| **GP MENTAL HEALTH TREATMENT PLAN** **(MHTP)** - **PATIENT ASSESSMENT** (MBS ITEM NUMBER 2700/2701 OR 2715/2717) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **PATIENT NAME** | | | |  | | | | | | | | | | | | | | | | **DATE OF BIRTH** | | | | | /      / | | | | |
| **CARER DETAILS AND/OR EMERGENCY CONTACT(S):** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|  | | **NAME** | | | | | | | | | | | | | | | | | | | | | | **PHONE** | | | | | |
| **1.** | |  | | | | | | | | | | | | | | | | | | | | | |  | | | | | |
| **2.** | |  | | | | | | | | | | | | | | | | | | | | | |  | | | | | |
| **3.** | | Mental Health Access Line | | | | | | | | | | | | | | | | | | | | | | 1800 011 511 | | | | | |
|  | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **DESCRIPTION OF PRESENTING ISSUE(S):** What are the patient’s current mental health issues? | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| **MENTAL HEALTH HISTORY/PREVIOUS TREATMENT:** | | | | | | | | | | | | | | | | **FAMILY HISTORY OF MENTAL ILLNESS** | | | | | | | | | | | | | |
|  | | | | | | | | | | | | | | | |  | | | | | | | | | | | | | |
| **SOCIAL HISTORY:** Including alcohol or other substance use, current relationships, employment | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| **RELEVANT MEDICAL CONDITIONS/INVESTIGATIONS/ALLERGIES:** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| **CURRENT MEDICATIONS:** | | | | | | | | | | | | | | | | | | **ICD – 10 Provisional Diagnosis** | | | | | | | | | | | |
| Antipsychotics | | | | | | | Anxiolytics | | | | | | | | | | | Alcohol & Drug use Disorder | | | | | | | | | | | |
| Hypnotics and Sedatives | | | | | | | Antidepressants | | | | | | | | | | | Psychotic Disorder | | | | | Depression | | | | | | |
| Psychostimulants and Nootropics | | | | | | | | | | | | | | | | | | Anxiety Disorder | | | | | Other: | | | | | | |
| Unexplained Somatic Disorder | | | | | Unknown | | | | | | |
| **MENTAL STATE EXAMINATION:** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Appearance and Behaviour | | | | | |  | | | | | | | | | | | | Mood | | | | | | | |  | | | |
| Thinking | | | | | |  | | | | | | | | | | | | Affect | | | | | | | |  | | | |
| Perception | | | | | |  | | | | | | | | | | | | Sleep | | | | | | | |  | | | |
| Anhedonia | | | | | |  | | | | | | | | | | | | Appetite | | | | | | | |  | | | |
| Attention/Concentration | | | | | |  | | | | | | | | | | | | Motivation/Energy | | | | | | | |  | | | |
| Memory | | | | | |  | | | | | | | | | | | | Judgement/Insight | | | | | | | |  | | | |
| Orientation | | | | | |  | | | | | | | | | | | | Speech | | | | | | | |  | | | |
| **RISK ASSESSMENT:** If answer is ‘Yes’ to plan, intent or risk to others, refer to Mental Health Access Line: **1800 011 511** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Suicidal Thoughts | | | | | | | | | | | Yes  No | | | | | | | Suicidal Intent | | | | | | | | | | Yes  No | |
| Current Plan (relates to suicide Intent) | | | | | | | | | | | Yes  No | | | | | | | Risk to Others | | | | | | | | | | Yes  No | |
| **DIAGNOSIS:** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| **GP MENTAL HEALTH TREATMENT PLAN (MHTP)** - **PATIENT ASSESSMENT** (MBS ITEM NUMBER 2700/2701 OR 2715/2717) |

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| GP Name |  | Practice Name |  |
| GP or practice email |  | | |

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| **PATIENT NAME** | |  | | | **DATE OF BIRTH** | | /      / |
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| **PATIENT NEEDS/MAIN ISSUES:** | | | **GOALS:** Record the Mental Health goals agreed to by the patient and GP and any actions the patient will need to take. | **TREATMENTS:** Treatments, actions and support services to achieve patient goals. | | **REFERRALS:** Referrals to be provided by GP, as required. The need for further sessions to be reviewed after the initial six sessions | |
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| **CRISIS/RELAPSE:** Note the arrangements for crisis intervention and/or relapse prevention plan | | | | | | | |
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| **APPROPRIATE PSYCHO-EDUCATION PROVIDED:** | | | | | | Yes  No | |
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| **AGREED DATE FOR REVIEW:** 4 weeks to 6 months after completion of initial MHTP | | | | | | /      / | |
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| **PATIENT PREFERRED PSS PROVIDER NAME: (subject to availability and may be left blank)** Directory available at <https://www.cesphn.org.au/programs/pss> | | | | | | | |
| **1.** | Vanessa Allen Provider Number 438173 (Lilly Pilly Counselling) | | | | | | |
| **2.** |  | | | | | | |
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**For referral information or support please contact CESPHN Mental Health Intake on: Phone 1300 170 554**

**For more information on the PSS Program visit:** <https://www.cesphn.org.au/programs/pss>