



DATE/...../.....

PATIENT REFERRAL

PATIENT DETAILS

PATIENT NAME DATE OF BIRTH

ADDRESS

PHONE MOBILE

REQUEST

PREFERRED APPOINTMENT TIME

CONSULTING ROOMS

PSYCHIATRY PSYCHOLOGY SOCIAL WORK DIETETICS MENTAL HEALTH NURSE

IN HOSPITAL

LIAISON PSYCHIATRY

CLINICAL DETAILS

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.....
.....

PREFERRED OPTIMIND CLINICIAN (OPTIONAL TO FILL)

REFERRING DOCTOR

DOCTOR NAME PROVIDER NO.

ADDRESS

SIGNATURE DATE/...../.....

LENGTH OF REFERRAL (OPTIONAL)

STANDARD INDEFINITE

PSYCHIATRY

Our highly qualified Psychiatrists use a combination of medication and talking therapies. In our individual or couple sessions, we perform an initial psychiatric assessment, formulate a diagnosis, and begin treatment. We can refer you to one of our highly qualified Psychologists, Mental Health Social Worker, Dietitian or Mental Health Nurse. This multidisciplinary and collaborative approach is part of our commitment to getting you on track to leading a happy and healthy life.

PSYCHOLOGY

Psychologists provide their expertise by assessing and managing a range of issues and disorders, developing strategies and treatments, and offering guidance and support. Our OPTIMIND Psychologists use a variety of techniques and research to help improve anxiety, depression, grief, change of life issues, stress or relationship issues.

MENTAL HEALTH SOCIAL WORK

Mental Health Social Workers are highly trained professionals working to improve the quality of life and wellbeing of patients through counselling, crisis intervention, advocacy, community organising, and psycho-education. Mental Health Social Workers are dedicated to the pursuit of social justice and strive to help those affected by mental illness, drug and alcohol, poverty, disabilities, unemployment, housing issues and other personal problems and social disadvantages.

DIETETICS

Healthy body, healthy mind. Our OPTIMIND Dietitian can help you make the right decisions, translating complex nutritional information into practical dietary advice. Our Dietitian understands mental illness and the role illness and medications can have on physical health.

MENTAL HEALTH NURSING

A Mental Health Nurse focuses on caring for people with mental health conditions, disorders or dysfunctions from a nursing background. Our knowledgeable Mental Health Nurse has years of experience helping clients achieve their recovery goals. By addressing your physical needs, as well as psychological and social needs, we provide a fully integrated holistic approach to mental health care, which may include medication prescribing.

REBATES FOR OUT OF HOSPITAL SERVICES

SPECIALTY	Medicare	Private Health Insurance	DVA *	Work Cover	TAC
PSYCHIATRY	✓ Need Medical Referral	✗ Only for hospital services	✓	✓ Written approval required	✓ Written approval required
PSYCHOLOGY	✓ Up to 10 sessions with GP mental health care plan	✓ Need private extras cover – check individual fund	✓	✓ Written approval required	✓ Written approval required
SOCIAL WORK	✓ Up to 10 sessions with GP mental health care plan	✓ Selected funds only	✓	✓ Written approval required	✓ Written approval required
DIETETICS	✓ Need complex care plan (GPMP and TCA)	✓ Need private extras cover – check individual fund	✓	✓ Written approval required	✓ Written approval required
MENTAL HEALTH NURSING	✓ No referral necessary – no limit on yearly sessions	✗	✓	✗	✓ Written approval required

* DVA Gold Card and eligible White Card when directly related to their accepted conditions



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