

INTEGRATED CARE SERVICE

At no cost to you, this service provides Focussed Psychological Strategies for early intervention and support for mental health problems such as anxiety and depression.

To make an appointment phone

6211 4050

- You and your GP work together to develop a comprehensive Mental Health Assessment and Plan.
- As part of that plan, your GP refers you to the Integrated Care Service, which is run by Relationships Australia, Tasmania. Sessions are organised at various locations in Southern Tasmania including 20 Clare Street, New Town.
- These sessions give you the opportunity to discuss with a mental health professional effective ways to manage common problems associated with depression and anxiety.
- With your permission, your GP sends a copy of your Mental Health Assessment and Plan to the Integrated Care Service.
- You contact the Integrated Care Service to make your first appointment. If it is difficult for you to phone, please let your GP know and other arrangements will be made.
- You attend your appointments. **If you cannot keep one of your appointments, remember to let the service know. Phone 6211 4050.**
- Your therapist reports back to your GP about the treatment you have received.
- When your sessions are complete, you go back to your GP to review your progress.

YOUR CHOICE

If you have questions about the Integrated Care Service please call 6211 4050.

If you decide not to use this service please tell your GP.

You may withdraw at any time, but it's important to let your GP know and to cancel any appointments you have made with the service.

CONFIDENTIALITY

Relationships Australia, Tasmania is required to report on the program to the Commonwealth Government. The report will not contain names, addresses, or any identifying details about individuals using this service.

Relationships Australia, Tasmania offers you all the confidentiality and privacy that the law allows. Information relating to the services you receive will remain confidential between you, your GP and the Integrated Care Service.