

1.7 Integrated Care Service (Southern Tasmania)

This **psychological service** is available for:

- People on a low income who have been assessed as having a high prevalence mental health disorder such as anxiety or depression.
- Women experiencing perinatal depression
- Young children with mental disorders

Referrals access 6 sessions and after a review, if the GP considers the patient would benefit, a further 6 sessions are available per calendar year.

If the GP considers “exceptional circumstances” apply upon a further referral, a patient may access up to a maximum of 18 sessions per calendar year.

This service is provided at **no cost to the patient** and is aimed at low income people who are unable to access other psychological services.

Integrated Care Service sessions are delivered by **Relationships Australia clinicians**.

Services are currently being offered at **New Town, Bellerive, Sorell, Bridgewater, Cygnet, Huonville and Dover**.

Additional outreach locations may be established at General Practices, Community Health Centres or other community-based venues.

As well as face to face psychological sessions, video conferencing sessions are also available.

Medical Director and **Best Practice** Mental Health Assessment and Plan/ Review **templates** for the Integrated Care Service are available at www.gpsouth.com.au/infom.html#ics

Gain informed consent from the patient for the sharing of information with Relationships Australia and fax (6211 4073) the Mental Health Assessment and Plan, as well as a copy of a completed K10 response sheet to the Service Coordinator at Relationships Australia. If the request is for video conferencing patient consent forms also need to be faxed with the other paperwork.

For further information or to request an Integrated Care Service referral pack please contact Tasmania Medicare Local. Phone: 6208 7300 Email: tasmedicarelocal@tasmedicarelocal.com.au

Relationships Australia is contracted by Tasmania Medicare Local to provide the Integrated Care Service which is nationally known as ATAPS (Access to Allied Psychological Services) under the Better Outcomes in Mental Health Care program. The Australian Government Department of Health and Ageing is acknowledged as the major funding body for Medicare Locals.