



HAVING TROUBLE WITH REFERRING PATIENTS TO MENTAL HEALTH SERVICES?

WE CAN HELP

The Hobart Clinic is offering Anxiety Groups open to anyone with a Medicare card and a GP Mental Health Care Plan (MHCP). Please note: *patients will not be admitted under the care of a psychiatrist for these programs*

Patients can access up to 10 group sessions per calendar year, in addition to any individual session.

How to refer:

1. Assess patient's suitability for attending one of these anxiety skills group
2. Complete a GP MHCP specifying anxiety skills group as the treatment.
3. Ask clients to complete the DASS-21 as the outcome measure for the MHCP and include with MHCP
4. Complete a referral to The Hobart Clinic for Group Programs

Next Steps:

- Once the MHCP, DASS-21 and referral have been received by The Hobart Clinic the program facilitator will contact the patient.
- Patients will be required to attend an information session and be screened for suitability.
- GPs will be informed of the outcome of this screening and whether patients have been offered a place in the group.
- At the completion of the group a report outlining progress will be provided.

When & Where

Starts December 2020 and continuing in 2021 on Tuesdays and Thursdays, 1/175 Collins Street Hobart.

For questions or more info, call us on 03 6247 9960 or email info@thehobartclinic.com.au



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Excellence in Mental Health