

- Ask for the information you need
- Follow advised treatment and tell your GP if you decide not to do so and accept the consequences of your decisions if you accept or reject advice
- Accept the effects of your lifestyle choices on your well-being

You have the right to:

- Receive appropriate care and treatment
- Take part in deciding about your care
- Be told about your health care
- Privacy, respect and confidentiality
- Have your opinion taken into account
- A fair investigation and a fair response to your complaints without it affecting your care
- Access to an interpreter or a culturally appropriate Allied health professional
- Complete a confidential non-compulsory patient survey for the purpose of evaluating the service

Contact your doctor for more information

Practice Stamp:

Mental Health

Access to Allied Psychological Services (ATAPS)



Artwork by Michael Cooley

This painting is titled "Dreamtime" and depicts two sets of hands reaching out to the guardian spirits of the land. The spirits represent the past, the large hands are those of an adult and the small hands are those of a child and represent the future.

Dreamtime is a period to be a continuum of past, present and future and three exist together with no gap or distance between each period.

Free Psychological Services

Patient Information

This is an initiative of the Australian Government



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Division of General Practice Ltd

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What is the Access to Allied Psychological Services Project?

The Australian taxpayer, through the Commonwealth Department of Health and Ageing, is providing funding to allow your GP to refer selected patients for six paid sessions of therapy with a qualified Allied health professional (such as a psychologist).

The payments for these sessions are currently being managed by the South Eastern Sydney Division of General Practice (SESDBGP). The Allied Health professional will not require any additional payment from you.

What about my privacy?

Only your regular GP and the Allied Health professional will have access to your personal information. SESDBGP will not receive the names or details of any persons taking part in the project. Any invoicing information sent to the Division will not identify you. This project is being funded as part of a national initiative and will be evaluated to determine some basic data (age, sex, etc.) Your personal details will not be recorded as part of this evaluation.

Who's eligible?

Individuals 12 years of age and older who have recently been struggling with a mental health issue. Eligible individuals include those who are unwaged, on a

Centrelink pension, hold a valid health care card, or who are students at local schools/TAFES and may not have a Medicare card or private health cover and are experiencing a debilitating condition such as depression, anxiety and/or stress. Eligible patients are referred to this project at their GP's discretion.

What do I need to do?

You need to attend possibly two initial visits with your GP, followed by a third visit to monitor your progress following treatment. At the first appointment, your GP will do an assessment and ask you to complete a questionnaire. At the second appointment, you and your GP will make a plan together.

That plan may include attending up to six sessions with an Allied Health professional selected by you and your GP. You will need to contact the Allied Health professional to make appointments and must attend your first treatment session within four weeks of the date your GP makes the referral. If you do not attend your first session or make an appointment within the first four weeks your referral will expire and you will need to go back to your GP for a new referral.

If you wish to continue the therapy after the allocated sessions, you may do so at your own cost or speak to your GP about other options that may be available. It is important that you return to your GP

after you've completed the sessions for a review. At this time, your GP will ask you to complete the assessment questionnaire to see what improvement has been made. If you are not comfortable with the Allied Health professional to whom your GP has referred you, you may ask your GP to send you to another who is eligible to deliver services under this project. You are only able to access a total of six paid sessions, with the possibility of a further six if your GP thinks it necessary.

Patient's Responsibilities and Rights

It is your responsibility to:

- Make an appointment and have attended the first session of treatment with the Allied Health professional within four weeks of your GP organising a referral for you
- Complete your treatment within 6 months from the date the referral was organised by your GP
- Make an appointment to see your GP after you have completed the sessions with the Allied Health Professional
- Attend all allocated sessions or give at least 24 hours notice if you are not able to attend appointments on time
- Provide enough information so that appropriate care can be given