

Your rights & responsibilities:

You have the right to:

- Receive appropriate care and treatment
- Take part in deciding about your treatment
- Privacy, respect and confidentiality
- Have your opinion taken into account
- A fair investigation and a fair response to any complaints without it affecting your care
- Access to an interpreter or a culturally appropriate therapist

It is your responsibility to:

- See your GP after you have completed 6 sessions
- Attend all sessions or give notice if you are not able to attend
- Attend appointments on time
- Provide relevant information to make sure you are given the correct care
- Ask for the information that you need
- Follow your treatment and tell your GP if you decide not to continue with treatment

Remember that you are not alone, there are a lot of other people with the same problems and symptoms as you.

Contact your doctor for more information

Practice Stamp:

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.



South Eastern Sydney
Division of General Practice Ltd

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Adapted from Eastern Sydney Division of General
practice PND Patient information brochure

Perinatal Depression Services

Access to Allied Psychological
Services (ATAPS)



Free Psychological Services

Patient Information

This is an initiative of the Australian Government



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What is postnatal Depression?

Being a new a mother can be difficult. In fact, for many women, having a baby is the most significant life-changing event they will ever experience. Postnatal depression (PND) affects 1 in 7 new mothers in Australia (source: Beyondblue. The national depression initiative 2009).

Postnatal Depression has the same signs and symptoms as depression. Women with PND can experience a prolonged period of:

- Low mood/crying
- No interest in activities
- Not sleeping well
- Not hungry
- Sad thoughts and feelings

If you think you have been experiencing some of these symptoms, please see your doctor.



To find out more:

Go to the series of depression checklists at: www.beyondblue.org.au, or call:

Beyondblue Info Line 1300 224 636
Parent Line 13 20 55
Mensline 1300 789 978

Karitane (02) 9794 2350
Lifeline 13 11 14
Kids Helpline 1800 551 800

Tresillian Parent Helpline (02) 9787 0855
Women's Info & Referral Service 1800 817 227

Why free psychological services?

ATAPS, is funded by the Department of Health and Ageing, to provide patients with assistance for short term intervention.

Under this initiative, GPs may refer eligible patients for subsidised therapy. The referring GP may consider that additional sessions are required upon a review. If so, up to a maximum of 12 (and in "exceptional circumstance" 18) individual sessions per patient are accessible.

Allied Health Providers (AHPs) include Psychologists, Clinical Psychologists, Mental Health Nurses, Social Workers, Counsellors, and Aboriginal Health Workers. Payment for this therapy is provided by the South Eastern Sydney Division of General Practice (SESDGP).

Who is eligible?

The project is designed for anyone struggling with a mental health disorder

For example those experiencing conditions such as depression and/or anxiety, especially due to circumstances such as loss of employment, or PND. Patients who meet the eligibility criteria are referred onto ATAPS at their GP's discretion.

Please discuss this with your regular GP.

What do you need to do?

You need to visit your GP.

On this visit, your GP will do an assessment and ask you to complete a questionnaire. You will also make a plan together. That plan may include six sessions with an Allied Health Provider.

It is important that you return to your GP after you've completed the sessions for a followup. At this time, you may be asked to complete the assessment questionnaire again to see what improvement has been made.

What if I wish to see a different Therapist?

If you are not comfortable with the Allied Health provider your GP has referred you to, you may ask your GP to send you to another eligible ATAPS provider. This will not change the number of sessions you can access.

What about your privacy?

Only your GP and the Allied health Provider have access to your personal information. All information provided to your therapist is confidential.