<<Addressee:Full Details>> Date:

**RE:**

Thank you for seeing , who is currently a patient of mine. \_\_\_\_\_\_\_\_\_\_\_\_\_\_is currently experiencing: [<<Current Presentation>>](#CUSTOM)

The reason for this referral is: [<<Reason for referral>>](#CUSTOM). The following is the patient's recent GPMHTP for consideration.

|  |  |
| --- | --- |
| **PATIENT DETAILS:** | |
| **Patient Name** |  |
| **Address:** |  |
| **Phone:** | Landline Phone: |
| **Assessment Date** |  |
| **DOB** |  |
| **Gender** |  |
| **Culture & language** |  |
| **GP** |  |
| **Significant support person** |  |
| **Medicare card Number** |  |
| **Health care card number** |  |

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| **PATIENT HISTORY - GENERAL** |
| **Clinical History** |
|  |
| **Medications** |
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| **Allergies** |
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| **Family History** |
|  |
| **Significant cultural factors** |
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| **PSYCHO-SOCIAL ASSESSMENT - HEADSS** | | | | |
| **H – Home situation:** | | | | |
|  | | | | |
| **E – Education, Employment, Eating, Exercise:** | | | | |
|  | | | | |
| **A – Activities, Hobbies & Peer Relationships:** | | | | |
|  | | | | |
| **D – Drug / Alcohol / Steroid Use:** | | | | |
|  | | | | |
| **S – Sexual Activity & Sexuality** | | | | |
|  | | | | |
| **S – Suicide, Depression & Mental Health, Safety/Risk:** | | | | |
| **Refer to mental status and risk assessment below:** | | | | |
| **K10+** outcome tool & result (if appropriate): | | | [<<K10+ score>>](#CUSTOM) | |
| **MENTAL STATUS EXAMINATION** | | | | |
| **Appearance and general behaviour** | [<<Appearance and general behaviour>>](#CUSTOM) | **Mood** | | [<<Mood (Depressed / Labile )>>](#CUSTOM) |
| **Thinking** | [<<Thinking (Content / Rate / Disturbances)>>](#CUSTOM) | **Affect** | | [<<Affect (Flat / Blunted)>>](#CUSTOM) |
| **Perception** | [<<Perception (Hallucinations etc)>>](#CUSTOM) | **Sleep** | | [<<Sleep (Initial Insomnia / Early Morning Wakening)>>](#CUSTOM) |
| **Cognition** | [<<Cognition (Level of consciousness/ delirium / intelli>>](#CUSTOM) | **Appetite** | | [<<Appetite (Disturbed Eating Patterns)>>](#CUSTOM) |
| **Attention / Concentration** | [<<Attention and concentration>>](#CUSTOM) | **Motivation & energy** | | [<<Motivation and energy>>](#CUSTOM) |
| **Memory** | [<<Memory (Short & Long term)>>](#CUSTOM) | **Judgment** | | [<<Judgment (Ability to make rational decisions)>>](#CUSTOM) |
| **Insight** | [<< Insight>>](#CUSTOM) | **Anxiety symptoms** | | [<<Anxiety Symptoms (Physical & Emotional)>>](#CUSTOM) |
| **Orientation** | [<<Orientation (Time / place / person)>>](#CUSTOM) | **Speech** | | [<<Speech (Volume / Rate / Content)>>](#CUSTOM) |

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| **RISK ASSESSMENT** | | |
| **Suicidal ideation** | [<<Suicidal ideation>>](#CUSTOM) | |
| **Suicidal intent** | | [<<Suicidal intent>>](#CUSTOM) |
| **Current plan** | | [<<Current suicide plan and means >>](#CUSTOM) |
| **Risk to Others** | | [<<Risk to others>>](#CUSTOM) |
| **Other risk issues identified:** | | [<<Other risk issues identified:>>](#CUSTOM) |

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| **CARE PLAN** | | |
| **PROBLEM / ISSUE** | **GOAL** | **ACTION** |
| [<<Problem / issue 1>>](#CUSTOM) | [<<Goal 1>>](#CUSTOM) | [<<Action 1>>](#CUSTOM) |
| [<<Problem / issue 2>>](#CUSTOM) | [<<Goal 2>>](#CUSTOM) | [<<Action 2>>](#CUSTOM) |
| [<<Problem / issue 3>>](#CUSTOM) | [<<Goal 3>>](#CUSTOM) | [<<Action 3>>](#CUSTOM) |

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| **CRISIS PLAN / EMERGENCY PLAN** | |
| Specific crisis management instructions: |  |
| GP practice number: |  |
| GP after hours call line: | 1800 022 222 |

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| **GENERAL SUPPORT SERVICES** | | |
| **Websites** | **Smart phone Apps** | **Phone support** |
| **The Brave Program (Anxiety)**  <https://brave4you.psy.uq.edu.au/>  Reach Out <https://au.reachout.com/>  Bite Back <https://www.biteback.org.au/>  eHeadspace  <https://www.eheadspace.org.au/>  Youth Beyond Blue  https://www.youthbeyondblue.com/ | Smiling Mind  Mind the Bump  Worry Time  The Desk | Emergency: 000  Lifeline: 13 11 14  Kids helpline: 1800 55 1800  Youthblue: 1300 224 636  Women’s support line: 1300 134 130  Safesteps (family violence) 1800 015 188  Domestic violence line: 1800 737 732 BraveHearts 24hrs: 1800 272 831  Suicide line 1300 651 251  Suicide call back line 1300 659 467 |

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| **REFERRAL INFORMATION** | | |
| **Date of Mental Health Plan Review:** | [<<Date of Mental Health Plan Review: >>](#CUSTOM) |
| **Patient education provided:** | [<<Patient information given>>](#CUSTOM) |
| **Copy of MH plan provided to patient:** | [<<Copy of MH plan given to patient:>>](#CUSTOM) |
| **Referred to:** | [<<Referred to>>](#CUSTOM) |
| **Preferred patient contact method and time:** | [<<Preferred patient contact method and time>>](#CUSTOM) |

**NB: If referring to Murray PHN Mental Health Care Program - PTS or MHCCC,**

**Please call 1300 514 811 whilst the patient is still in the consultation so we can**

**streamline the referral quickly. Then please fax this GPMHTP & referral form to: 03 9376 0317**

**PATIENT CONSENT:**

I, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ consent for this Care Plan to proceed and I agree to information about my mental health being shared between my GP and the mental health worker to whom I am referred, to assist in the management of my health care. To enable this referral to proceed, I also agree to information to be provided to the mental health intake line.

**Signature (patient): Date: 1/03/2018**

**Patient Name**

I Dr A Practitioner have discussed the proposed referral(s) with the patient and am satisfied that the patient understands the proposed uses and disclosures and has provided their informed consent to these.

**GP Signature:** **Date: 1/03/2018**

**Dr A Practitioner**

This document will be maintained in accordance with the relevant Privacy Legislation.