

PSYCHIATRY REFERRALS

Accessing psychiatry at Vita Health Care

Your GP is a good place to start. They can assess your needs, provide initial support and discuss whether a referral to a psychiatrist may be appropriate.

1 Book an appointment with your GP

Let the medical practice know that you would like to discuss a mental health referral, as you may need a longer appointment.

2 Ask your GP for a referral

Your referral should include relevant information about your health, current concerns, medications and treatment history.

You do not need to nominate a particular psychiatrist. However, you are welcome to discuss any practitioner preference with your GP.

3 Send your referral

Your GP can send the referral directly to us, or you can provide us with a copy.

Email: referrals@vitahealthcare.com.au

Phone: (03) 5972 2444



4 What happens next?

Our intake team will review the referral and contact you to discuss the next steps.

We consider your individual needs, practitioner suitability and current availability. Where possible, we will help identify a Vita psychiatrist whose clinical interests and appointment options may suit your needs.

As part of triage, we will send you an SMS containing a secure link to answer some questions. Please complete the questionnaire so our team has the information needed to review your referral.

Submitting a referral does not guarantee that an appointment will be available. If we cannot offer a suitable appointment, we will let you or your referring practitioner know.

Appointments may be available face to face in Mount Eliza or by telehealth, depending on the psychiatrist.

MEDICARE REFERRALS

A referral from a GP to a psychiatrist is generally valid for 12 months from the date of your first appointment with the psychiatrist, unless your GP specifies a different period. A referral from another specialist or consultant physician is generally valid for 3 months.

NEED URGENT HELP?

You are not alone. Vita Health Care is an outpatient clinic and is not set up to provide crisis assessment or emergency treatment.

If you or someone else is in immediate danger, call 000 or attend your nearest hospital emergency department.

24/7 SUPPORT

Lifeline: 13 11 14

Suicide Call Back Service: 1300 659 467

Kids Helpline (ages 5 to 25): 1800 55 1800

MensLine Australia: 1300 78 99 78