

North East Primary Mental Health Team (NE PMHT)

You have been referred to the North East Primary Mental Health team. This guide outlines what to expect from your upcoming appointment.

If you need support sooner, free call Triage (available 24/7): 1300 859 789

When an immediate response is required and safety is a concern, for example, risk to self or others, contact Emergency Services on Ph: 000

About the Primary Mental Health Team (NE PMHT)

NE PMHT are a team of multi-disciplinary mental health clinicians who provide non-urgent mental health assessment and treatment recommendations for adults (aged 18+ years) living in the City of Banyule and the Shire of Nillumbik who are supported by a General Practitioner (GP). There can be a wait time of up to 2-4 weeks to see us, so our team sees people who are not in crisis or needing urgent support.

NE PMHT - What to expect from your appointment

Assessment:

You will attend an initial assessment appointment - usually 60-90 minutes long. During the assessment, you will be asked about the psychological, interpersonal, and family aspects of your situation. This initial appointment will be with a mental health clinician and/or psychiatric registrar (doctor), and there may be a follow up appointment if needed.

The purpose of this assessment is to gain an understanding of your mental health concerns and establish the most appropriate follow-up treatment and supports.

Recommendations & Referrals:

Following the assessment, NE PMHT will provide recommendations for ongoing treatment and/or supports in the wider community. NE PMHT are a short-term service, so we provide recommendations to your GP for follow-up. If appropriate, NE PMHT can provide brief psychological support while these linkages are being made.

You will be offered a summary of your assessment. A copy will also be sent to your GP and any other treatment providers, if applicable. This may take up to 4 weeks after the assessment to reach your GP.

Liaison with families/carers:

With your consent, clinicians will involve families/carers in the assessment and treatment planning discussions.



Austin Health acknowledges the Traditional Custodians of the land and pays its respects to Elders past, present and emerging.

Austin Health celebrates, values and includes people of all backgrounds, genders, sexualities, cultures, bodies and abilities.



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Confidentiality

If there are concerns regarding the safety and wellbeing of consumers or others, we may be required to inform appropriate persons (that is other services or family members) with or without the your consent to ensure safety, as directed by The Mental Health Act.

Further information is available on our website:

austin.org.au/mentalhealth/NEAMHS/PMHT/

My Notes



For further information

Department: Primary Mental Health Team

Phone: 9496 2640 (Monday-Friday, 8:30am – 5:00pm)