



## Information for GPs: Referring to services for Focused Psychological Strategies

As a registered member of the Australian Association of Social Workers as an accredited Mental Health Social Worker, I am able to provide approved psychological strategies under the Better Access to Health. I offer counselling for anxiety, depression, mood disorders, relationship issues, complex trauma, family conflicts and relationship difficulties. I have extensive experience in child and adolescent mental health, individual therapy with adults, adolescents and children and families. I have post graduate qualification in trauma therapy.

To have appointments funded under the Better Access to Health, a referral from a GP or psychiatrist is required. There is no standard form for referrals. It can be a letter or note that the referring medical practitioner has signed and dated. The referring practitioner can refer for up to six services on one referral (course of treatment), with the continuation for 4 more sessions if appropriate.

You can assist access to the therapy sessions by completing a Mental Health Care plan stating access to Martine McDougall, Accredited Mental Health Social Worker for 10 therapy sessions to assist in the mental health care of your patient. This referral will be required by the patient at their first appointment. A letter will be sent back to you once appointments have begun and at the 6<sup>th</sup> appointment.

Appointments are provided for clients at The Yoga Clinic, 220 Carr Place, Leederville, WA 6007.

Regards,

**Martine McDougall**  
Mental Health Social Worker

Registers AASW Accredited Mental Health Practitioner  
Trauma Centre Trauma Sensitive Yoga Facilitator  
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