



## **BRIGHT STAR COMMUNITY CARE**

# **How to make an appointment for our Psychological Clinic at Bright Star Community Care**

Our mental Health specialist team aim to provide our clients with empathetic, professional assistance in understanding and coping with emotional and behavioural challenges, working towards positive change and improved wellbeing. The main concern of the Bright Star Community Care Clinic is to help you improve your mental health and wellbeing so that you get the most out of life.

### **We offer a range of psychology services including:**

- Generalised counselling for relationship issues, anxiety and depression
- Assessment and development of treatment plans for people suffering trauma, domestic violence recovery and pain management
- Assessment and development of treatment plans for people with a mental illness
- Administering individually-tailored psychological treatments for primary mental illnesses
- Providing group programs focusing on skills development for patients relevant to their particular area and support needs
- assessment and treatment of children and adolescents through our specialist child and adolescent programs

**Please note however that the Psychology Clinic is not an emergency service and cannot offer crisis intervention at the time of referral.**

### **Psychological Therapy**

Our Goal is to providing personalised service using research based approaches.

Our practitioners are experienced in a range of therapeutic modalities including:

- Cognitive behaviour therapy
- Acceptance and commitment therapy
- mindfulness-based interventions
- Play therapy and attachment theory
- Psychodynamic therapy
- Emotion-focused couples therapy

### **How to make an appointment**

Before attending the clinic for your first appointment we require a referral from your GP (including a Mental Health Care Plan) or psychiatrist.

In order to make the referral, the treating health practitioner will need to provide a written referral and complete a mental Health form. Please book a double consult for



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the GP to complete this. This form enables us to gather useful information about the client. This will help in the initial assessment and treatment planning.

The referral form together with a copy of the Mental Health Care Plan or other relevant documentation can be emailed to the Clinic at: [Kathy@Brightstarcommunitycare.com.au](mailto:Kathy@Brightstarcommunitycare.com.au) or given to you the client to bring with you to your first appointment. A Medicare card is also required at each consult.

Once you have the GP paperwork, phone Bright Star Community Care, 0411347086 to schedule an appointment.

On completion of treatment, the referring doctor will receive a treatment report from their treating counselling at Bright Star Community Care. This report will outline progress made to date and any further treatment requirements.

### **How much will it cost?**

There is no out of pocket cost incurred to our patients in utilising the services of Bright Star Community Care Clinic. Our clients are Bulk Billed through Medicare or we provide services to NDIS funded clients also.

