

# ADULT MENTAL HEALTHCARE

It **is** a very complicated chart. It reflects the difficulty that people have in navigating the system of Mental Healthcare in Victoria.

The person with a mental health crisis may already be seeing his/her own general practitioner and the GP mainly seek admission for his patients into hospital as a psychiatric patient. Admission into a private Psychiatric Hospital, such as Melbourne Clinic is simpler, but for admission into the Area Mental Health Service as an inpatient the person must be firstly be assessed by the Crisis Assessment and Treatment Service (CATS). This assessment may take place either in the home or at the Hospital Emergency Department, or the Community Mental Health Service, or wherever seems best.

Three courses are open following the assessment.

1. If the person is in danger of harming themselves or other people or has unmanageable behaviour issues they could be admitted into the Acute Psychiatry Unit of the Hospital.
2. The person be referred to the Community Mental Health Service for Psychiatric consultation and community-based treatment.(Mobile Crisis Assessment & Treatment, or Mobile Support & Treatment Service)
3. The person could be referred back to their general practitioner.

From hospital the person is discharged to either their own Psychiatrist or General Practitioner, or to the Community Mental Health Service, with its Continuing Care and Case Management possibilities.

At home the person who may use various forms of support and treatment to aid their recovery. These include the Community Mental Health Service, or their GP or Psychiatrist.

They may have social support from relatives and friends, and community resources such as Psychiatric Disability Support Services, Mutual Support / Self Help groups and support from Church or other community organizations.

At this stage the person may consolidate their learning about their own illness and its treatment and management, including self-management. To help this education various sources of information are available and should be pursued.

# ADULT MENTAL HEALTHCARE (For people 16-65)

