

### About the Service

Phoenix Australia is the Australian National Centre of Excellence in Posttraumatic Mental Health, a University of Melbourne affiliated non-profit & the developer of the NHMRC Posttraumatic Stress Disorder (PTSD) treatment guidelines. We offer a bulk-billed Trauma Psychiatry Clinic where patients who have or are suspected of having PTSD can obtain an assessment and treatment plan. Where appropriate and according to capacity, short term follow-up care (up to six months) is also offered. Most clients will be seen by a senior registrar (trainee psychiatrist) under supervision.

PTSD has a 12-month prevalence of 4.4%, making it the second most common psychological disorder in Australia. However, the diagnosis is often missed and even when diagnosed many do not receive evidence-based treatment. The clinic aims to address this gap.

### PTSD Screening tool

1. **Sometimes things happen to people that are unusually or especially frightening, horrible, or traumatic. For example a serious accident or fire; physical or sexual assault or abuse; seeing someone be killed or seriously injured or having a loved one die through suicide. Have you ever experienced this kind of event?**

*If yes:*

- |  |     |    |
|--|-----|----|
| 2. Had nightmares about the event(s) or thought about the event(s) when you did not want to?                                 | Yes | No |
| 3. Tried hard not to think about the event(s) or went out of your way to avoid situations that reminded you of the event(s)? | Yes | No |
| 4. Been constantly on guard, watchful, or easily startled?   | Yes | No |
| 5. Felt numb or detached from people, activities, or your surroundings?  | Yes | No |
| 6. Felt guilty or unable to stop blaming yourself or others for the event(s) or any problems the event(s) may have caused?   | Yes | No |

**Interpretation:  $\geq 3$  = probable PTSD; but if YES to Q1 & clinically concerned, please refer to us for an assessment & plan.**

### Referral form

Please complete this form and email to [phoenix-assessment-clinic@unimelb.edu.au](mailto:phoenix-assessment-clinic@unimelb.edu.au) or visit [referrals.phoenixaustralia.org](http://referrals.phoenixaustralia.org)

Dear Dr John Cooper / Rahul Khanna,

Please review the following patient for an assessment & ongoing management where appropriate.

**Patient name**

**Date of birth**

**Patient email**

**Patient mobile**

**Funder**

Medicare

DVA

Workcover

Other

**Medicare #**

**Summary of presentation & Background history**

**Current & prior mental health treatment**

**Referring GP name**

**Practice details  
(Address &  
contact)**

**Provider number**

**GP signature**

**Date**