

# Veterans Psychiatry Clinic

## Information Sheet

### What is psychiatry?

- Psychiatry is the branch of medicine that specialises in mental illness.
- Psychiatrists can provide advice regarding what mental health conditions you may be suffering from and what treatments are available for these conditions.
- Psychiatrists have particular expertise in the use of medications to treat mental illness.

### Who will I see in the clinic?

- You will see a psychiatrist or senior psychiatry registrar.
- Psychiatry registrars are doctors training in psychiatry under the supervision of a psychiatrist.

### What service does the clinic provide?

- The clinic provides comprehensive mental health assessments to Australian Defence Force veterans and veterans' family members living in Victoria and Tasmania.
- Appointments can be in-person at the Open Arms office at Level 26/303 Collins Street, Melbourne or via telehealth.
- Assessments take place over multiple appointments — usually at least two are required.
- After the assessment, a report outlining your mental health difficulties and the treatment recommendations will be sent to your Open Arms counsellor.

### How do I access the clinic?

- To have a comprehensive mental health assessment in the Veterans Psychiatry Clinic, you will need a referral from your Open Arms counsellor.

- Your counsellor will be aware of the referral process.

### **Does the clinic provide any ongoing care?**

- The clinic offers ongoing care to veterans if this is deemed appropriate.
- Your psychiatrist or senior psychiatry registrar will discuss this option with you.
- To access ongoing care, you will need a referral from your GP.
- Your GP can make this referral by emailing a referral letter to [phoenix-assessment-clinic@unimelb.edu.au](mailto:phoenix-assessment-clinic@unimelb.edu.au) or using our online referral system at <https://referrals.phoenixaustralia.org>.
- At this stage, the clinic **does not** offer ongoing care to family members of veterans.

### **Who can I contact about the clinic?**

- If you have any questions about the clinic, please speak to your Open Arms counsellor or email Phoenix Australia at [phoenix-assessment-clinic@unimelb.edu.au](mailto:phoenix-assessment-clinic@unimelb.edu.au).