

Dear GP,

Grow Well Being provides individual, group and family treatment under Better Access to Mental Health services to those with a mental health concern. We use a holistic approach and provide treatment in a community setting, for example either school or home-based. Practitioners are fully accredited with Australian Health Practitioners Regulatory Agency (AHPRA) or the Australian Association of Social Workers (AASW). No out of pocket costs are incurred in seeing our staff - we accept the Medicare Schedule or NDIS Rebate as full payment.

Currently we have formal arrangements with over 100 schools in South Australia. Enquiries or recommendations to use our service frequently, though not exclusively, are received from teachers or parents associated with those schools.

It may be helpful to know; mental health problems are common and occur in about 20% of all school going children and adolescents. The treatment gap (those with a problem who do not receive treatment) has been reported as high as 80%.

GP's are a cornerstone in accessing treatment. We ask each parent to attend their chosen GP who can assess the clinical indications for treatment through a Mental Health Care Plan (MHCP). If the GP believes an MHCP is indicated, they will prepare one. Once we have received the plan, our staff can provide 6 treatment sessions. At the conclusion of these 6 sessions, therapists will write to the GP about the treatment progress. This letter will document the clinical progress and offer a suggested management plan which if clinically appropriate would include a recommendation for a further 4 sessions. By consulting your GP at that time, they can assess the clinical indications for further treatment. If they endorse our recommendation, there are potentially 10 individual and group sessions available.

If there are matters or concerns you wish to discuss, our staff are available on:

Ph: (08) 8234 2562

Fax: (08) 8219 0049

E: admin@growwellbeing.com

Grow Wellbeing

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