

Trauma Psychiatry Clinic

Information Sheet

In March 2022, Phoenix Australia established a new trauma psychiatry clinic.

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 will provide mental health assessments for patients with trauma-related mental health conditions, including Post-Traumatic Stress Disorder and other mood, anxiety and substance use conditions that have their origin in trauma.
- All appointments in the clinic are currently via telehealth.
- Between one and three appointments are typically required for an assessment.
- After the assessment, a comprehensive report outlining the treatment recommendations will be sent to the patient's GP, who will implement these recommendations.

Does the clinic provide any ongoing care?

- Subject to doctor availability, patients may be offered a short period of ongoing care if this is deemed appropriate.
- This care will be for up to 6 months.
- During this period, the patient will see the doctor regularly in the clinic and the doctor may take responsibility for prescribing their medications.
- After 6 months, they will be discharged back to the care of their GP or a private psychiatrist.

How do I access the clinic?

- To access the clinic, you need a referral from your GP.
- Your GP can make this referral by emailing a referral letter to phoenix-assessment-clinic@unimelb.edu.au or using our online referral system at <https://referrals.phoenixaustralia.org>.

Who can I contact about the clinic?

- If you have any questions about the clinic, please contact us on 03 9035 5599.