



### *What is the Reason for the Referral?*

- Urgent situations, particularly with safety concerns
- Psychotic depression: review and plan
- Complicated melancholic depression
- Second opinion about diagnosis
- Second opinion about further management
- Bipolar disorder: review and plan
- Inadequate response to antidepressants
- Inadequate response to psychotherapy
- Advice about/access to specialist psychotherapy for non-melancholic depression
- Advice about difficulties in doctor/patient interactions
- Advice about deliberate self-harm behaviour
- What other resources or information would be helpful for the GP?
- Other (specify)



### *Helpful Preparation by the GP*

- Letters from other mental health consultations
- Relevant medical data
- Copy of Mental Health Care Plan (where available)
- Copies of previous outcome measures
- Idea of when and how to get information back to GP
- What other resources have been tried?



### *Helpful Preparation by the Patient*

- Ask patient to make list of important life events, medical history, all medications
- Ask patient to write down and take any other questions they may have (it is helpful to discuss these with them)
- Relevant reading matter (from resource list or other)
- Start a mood chart to take to the consultation
- Review crisis and relapse plans and take to consultation.

