

## Depression Clinic Procedure



The **Depression Clinic** provides a consultancy service to your GP or psychiatrist, to help manage your mood disorder.

Detailed assessments are conducted to consider the diagnosis and offer a formulation for why you may have developed the disorder and not responded fully to treatment. Expert advice and management suggestions are provided to your referring health professional.

It is important to note that:

- The Clinic does not take over patient management - this remains with your referring doctor. Clinic specialists will write to your referring doctor, following consultation, outlining suggested management options.
- As the Clinic is located within a teaching and research facility, the interviewing psychiatrist may have another (visiting or training) health practitioner sitting in on assessments.
- The Clinic is only available for residents of NSW / ACT.

### Is there a fee?

There is **no fee** to attend the Depression Clinic, the cost is covered by Medicare. As our service is heavily oversubscribed, we would appreciate being contacted on (02) 9382 2991 at least 24 hours beforehand if you are unable to make your appointment so we can reschedule.

### What to expect?

There are two stages to the Depression Clinic assessment:

#### Stage 1 – Online Mood Assessment Program (MAP)

The MAP is an online tool that can be completed in the privacy of your own home as long as you have an internet connection. If not, the MAP can be completed at the Black Dog Institute in Randwick. This program takes approximately 45 minutes to complete and will ask about a range of factors that may be relevant to your depression (such as anxiety, mood swings and stressful events). When completing the MAP, it is helpful to have a list of any previous treatments and medications and how effective this treatment was for your mood.

The information collected in this computer-based program, must be completed before Stage 2: Clinical Assessment, and it will be provided to your assessing psychiatrist.

#### Stage 2 – Clinical Assessment

This stage takes between 2 and 2.5 hours to complete and includes a comprehensive assessment with a psychiatrist and a structured interview with a research assistant.

A consultant psychiatrist will undertake a clinical assessment, where your history and current presentation will be reviewed. Following this assessment the psychiatrist will send a detailed report to your referring doctor

outlining the most effective treatment and management strategies. You will need to liaise with your doctor to implement these suggested strategies.

Either before or after your clinical assessment with the psychiatrist, a research assistant will ask you about your history of depression and other symptoms you may have experienced.

## **Voluntary Research Participation**

From the information obtained during the clinical assessment you may be eligible to participate in a range of research studies currently run at the Black Dog Institute. A research assistant will discuss this possibility with you on the day of the clinical assessment.

Any data collected for research will be stored in a manner to preserve your confidentiality.

## **Making an appointment**

Before attending the clinic we require a referral from your managing doctor (GP or psychiatrist) that includes background and history of mood disorder, as well as the specific advice (e.g. diagnosis, management) sought by that doctor. If preferred, a referral template is available on our website, [www.blackdoginstitute.org.au](http://www.blackdoginstitute.org.au) for the referring doctor with details that need to be provided. Referrals can be **faxed** or **posted** to the Clinic Secretary, who will then contact you within a week of being received to confirm a time and date for your appointment.

Ph: (02) 9382 2991  
Fax: (02) 9382 8510  
Postal address: c/-Depression Clinic  
Black Dog Institute  
Hospital Road  
Prince of Wales Hospital  
Randwick NSW 2031

On the date of your appointment, please check that you bring the following:

- ❖ Your Medicare card. (The cost of the clinic is covered by Medicare.)
- ❖ A list of current medications.
- ❖ The results and dates of previous investigations.

## **Important things to remember**

- ❖ **An appointment cannot be made until the Clinic Secretary has received a referral.**
- ❖ **The Black Dog Institute does not take over patient management; ongoing care will continue to be provided by your referring doctor.**
- ❖ **If, for any reason you are unable to attend your appointment, it is extremely important that you contact the clinic at least 24 hours to allow us adequate time to reschedule.**