



## **BETTER CARE DIRECTORY FOR NEW ENGLAND AREA**

31 August, 2009

The Black Dog Institute is proposing the establishment of a **Better Care Directory**, recognising general practitioners (GP) and psychologists who provide exceptional care in the New England area for people with mood disorders.

The Directory will contain only the names of GPs and psychologists nominated by current and former patients who have been diagnosed with a mood disorder and will be available on the Institute's website.

In announcing the two-month pilot program today, the Executive Director of the Black Dog Institute, Professor Gordon Parker, said the aim of the directory was to provide a useful tool for people suffering mood disorders to obtain both caring and skillful help.

By SKILLFUL, we mean: good at diagnosing and explaining depression and/or bipolar disorder, as well as providing the 'right' treatment for a particular condition.

By CARING, we mean: warm, empathic, and attentive (i.e. returning phone calls, responding to any drug or treatment concerns).

"The recommendations of people who have, or who are going through the ordeal, will be highly valued and respected," he said.

The Institute, one of the leading authorities in the country in dealing with mood disorders such as depression and bipolar disorder, is encouraging people to visit the Institute's website ([www.blackdoginstitute.org.au](http://www.blackdoginstitute.org.au)) to nominate either their GP or psychologists to be placed on the **Better Care Directory**.

People making nominations will remain anonymous and are not required to give their name or contact details.

The Black Dog Institute will contact either the GP or psychologist to obtain their approval to include their name on the Directory.

Professor Parker said it was not the intention of the Institute to endorse the practitioners, but simply to facilitate positive feedback for good care in allowing the public and other practitioners to locate recommended GPs and psychologists.

"This is a two-month pilot with nominations closing on 31 October 2009, and, we may extend it to other services and areas at a later point," said Professor Parker.

The Institute already conducts extensive training for both GPs and psychologists in the treatment and management of patients with mood disorders.

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