

# Adult Mental Health Assessments

Thank you for considering Fluence Clinic. Our team of skilled psychiatrists offer adult Mental Health assessments via telehealth. This means you can attend appointments from the place you feel most comfortable.

For Adult Mental Health Assessments, we accept patients over 18 Australia-wide. This guide explains how to book your Mental Health assessment, which starts with getting a referral from your GP.

## What are the next steps to booking your assessment? ▾

And what are the fees & wait times? ➤

### Send us your GP's referral

See page 2 for requirements

1

### Complete forms & payment

See page 4 for details

2

### Book your assessment

See page 4 for details

3

**\$530.10**

out-of-pocket

**\$975**

upfront

**\$444.90**

Medicare Rebate

The assessment costs **\$975**, with a Medicare rebate of **\$444.90** available.





This makes the out-of-pocket cost **\$530.10**. There are no surprise additional costs.

Our current wait is **1 to 3 weeks** on average depending on your chosen psychiatrist.

# How do I book my assessment?

## Get a valid referral from your GP

Please make sure your GP's referral includes the key requirements below to avoid any delays.

-  **Is addressed to Fluence Clinic or is an open referral.**  
We cannot accept referrals addressed elsewhere specifically.
-  **Clearly states the purpose of the referral**, for example "I am referring this patient for a Mental Health assessment."
-  **Includes the relevant Medicare Item Code**, which is 291.
-  **Ideally includes confirmation of your GP's willingness to co-prescribe** as follows: "I am willing to do the prescribing, including initiation, under the guidance of the psychiatrist if medication is recommend for this patient." *We don't provide prescriptions to patients, we co-prescribe with GPs.*

*Note: These requirements are in addition to standard referral items like your contact details, medical history, medications, symptoms, clinic & GP provider details, etc.*

## Send to [referrals@fluenceclinic.com](mailto:referrals@fluenceclinic.com) for processing

### **Please do NOT contact us to check if your referral was received.**

For privacy reasons, referral emails from GPs are usually sent without identifying information, making it impossible for our team to search our referrals inbox to verify receipt until after they're processed by our team.

**We typically process referrals within 3 business days before sending you a text with the next steps to book your Mental Health assessment.**

# A 'Perfect Referral' Example for a 291 Assessment

**TO:**  
Psychiatrist  
Fluence Clinic  
Boat Harbour Beach  
Office Tasmania, 7321

Addressed to Fluence Clinic

13/03/2023

Medical Centre  
123 Example Street  
Phone: 03 1234 5678  
info@medical.com.au

**Re:** [Patient Name]  
[Patient D.O.B]  
[Patient address & contact details]

Medicare Item Code: 291

Medicare Item Code

Dear Psychiatrist,

Thank you for seeing [Patient], a 21 year old female. [Patient] reports a loss of interest in activities, changes in appetite, sleep disturbances, fatigue, feeling irritable, and general anxiety.

**I would appreciate you seeing [Patient] for a 291 mental health assessment with opinion and report.**

**I am willing to do the prescribing, including initiation, under the guidance of the psychiatrist if medication is recommend for this patient.**

Purpose of Referral &  
Co-prescribing Confirmation

[Patient] has been under my care since [Date], and during this period, I have observed [Patient] to be suggestive of ASD and depression. [Patient] has family history of ASD; mother a previously diagnosed ASD with potential ADHD.

[Patient] was prescribed [medication] by one of [their] previous GPs prior to [their] review with me. Dosage has been increased to 30 mg which has not shown much improvement, and now maintains dosage at around 20 mg once daily, and takes 7.5 mg of [medication] to assist with sleep.

[Patient] used to see [their] counsellor, [counsellor name], for [condition]. [Their] DASS 21 today is D13, A12 S12.

#### CURRENT MEDICATION:

[Medication] 20mg Tablet 1 Tablet Daily as directed  
[Medication] 15mg Tablet ½ Before Bed as directed

**Past medical history:** None recorded  
**Allergies:** Nil **Drinking Status:** Non drinker  
**Smoking Status:** Social smoker, no drug use

[Patient] has no previous hospital admissions or history of suicidal ideation or self harm.

I look forward to hearing from you regarding a diagnostic report and assessment for [Patient]. Please do not hesitate to contact me if you have any further questions.

Yours sincerely,



Dr Firstname Lastname  
MBBS, FRACGP  
504921MK

*We'd appreciate copies of any previous mental health reports, letters, and copies of any recent tests (bloods, ECG, or mental health related) sent to us with the referral.*

# What happens after my referral is processed?

Here's what to expect after you receive the 'next steps' text from us:

## Complete Forms

Complete the pre-booking forms we'll send to you.

These will take you 45-60 minutes to complete.

## Make Payment

Pay for the appt. via online payment or bank transfer.

You'll receive your rebate 1-2 weeks post-appointment.\*

## Book In Online

Once forms & fees are received, you'll be ready to book.

You'll pick a date & time in the booking calendar sent to you.

## Appointment

Have your telehealth appointment with the psychiatrist.

The appointment for your assessment will last 45-60 minutes.

## What can you expect leading up to your mental health assessment?

**3 days before:** The psychiatrist will take time to review all provided form responses & any additional documents.

**24 hours before:** The telehealth link is sent via email.

**60 minutes before:** A reminder SMS is sent to you.

*\*This is based on typical Medicare processing times after you have submitted your claim to Medicare. We cannot claim on your behalf. If you have had a 291 rebate in the past 12 months, you will not be eligible for another 291 rebate yet.*

