



Mind*Medicine*

Diagnosis & treatment support for
mental health patients



What is MindMedicine?

- Supports GP's managing patients with psychological symptoms



How does MindMedicine do this ?

- Monitoring the patient's symptoms
- Providing feedback re patient's capacity for psychological change
- Familiarises patient with techniques to relieve symptoms
- Provides GP with information to guide decisions to refer, prescribe or counsel
- Relieves GP stress, provides frameworks for consultation and shortens consultation time



How Does MindMedicine Work?

- GP diagnoses the nature of the symptoms (panic, anxiety, depression, somatoform..)
- GP prescribes the appropriate **MindMedicine** program
- Patient receives & completes program kit
- GP reviews monitoring pads at the end of the program
- GP can support program by seeing patients during program
- GP decides on further treatment options at end of program



The Development of MindMedicine

- Liaison between Eltham Psychology Clinic and local GP's
- Developed in response to the need for GP's to provide effective management of high prevalence mental health symptoms
- Assist in avoiding frequent pitfalls and difficulties in treating psychological problems.



These difficulties are...

- Unplanned lengthy consultations
- Counselling patients who are unable to respond
- Lack of familiarity with psychological treatment
- GP burnout and stress in management of mental health patients



Areas covered by MindMedicine ...so far

- Stress
- Anxiety
- Depression
- Somatoform



The Anxiety programs include

- Relaxation
- Thinking straight
- Good feelings for anxious people
- Panic attacks
- Stuck on a worry 1 & 2
- Scary things and places (phobia)



Stress

- Relaxation
- Getting things done (task management)



Depression

- Relaxation
- Thinking straight
- Mood management (activity scheduling)
- Good feelings for depressed people (problem solving)



Somatoform

- (Relaxation – optional)
- Body and Mind (monitoring psychological distress and symptom severity)



Further information

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