



General Practitioner (GP) Referral Information

What is a GP Referral?

A GP Referral is required by headspace Toowoomba for Young People with mental health concerns who require additional support and helpful intervention. A GP Referral explains the possible support to be provided to you by Intervention Workers, General Practitioners (GP), Paediatricians, and Psychiatrists. The GP Referral is a brief letter from your GP that outlines some of your concerns and requests care and support for you. At headspace Toowoomba, our team of mental health clinicians are called Intervention Workers.

Why do I need a GP Referral?

To access ongoing support with a headspace Toowoomba Intervention Worker, a GP Referral is required so that additional support and helpful services can be offered to you free of charge. These services may include one on one and/or group support. headspace Toowoomba recognises the pivotal role that a GP has in providing physical and mental health care and support across the lifespan for all Australians. headspace Toowoomba is committed to establishing early help seeking behaviours in Young People by linking them to a local GP or local general practice. We ensure the GP is informed of how things are going so that, together with them, you can make sure you are getting the help you need.

How do I get a GP Referral?

Step 1:

Visit your GP who will assess your mental health concerns and whether the preparation of a Referral is appropriate for you. You will need to schedule an appointment for a Referral, as this may be longer than a standard GP appointment. Whether your needs are best met by a referral to an Intervention Worker is essentially a matter for you and your GP to decide. NOTE: This is NOT a Mental Health Care Plan (MHCP) appointment.

Step 2:

The GP may discuss a variety of support options with you. Please ask for the referral to be made to 'headspace Toowoomba' if you and your GP decide that you should come to see one of our Intervention Workers at headspace Toowoomba.

If you already have a GP Referral for a practitioner who does not work with headspace Toowoomba, and you would like to link in with one of our Intervention Workers, you may need to re-attend an appointment with your GP and discuss having the GP Referral changed to 'headspace Toowoomba'. The GP will explore with you where your care and support needs are best met.

Step 3:

Inform headspace Toowoomba as soon as possible that you have received your GP Referral so that you can be scheduled for your Intake Assessment appointment. Ideally your GP will either fax or email headspace Toowoomba the GP Referral, but you can also bring it in on your next visit.

If you have any questions, please ask any one of the helpful headspace Toowoomba team.

If you would like our contact details to pass onto your GP please see the preferred methods below.

Fax to - (07) 4602 2086

OR

Email to - headspace.toowoomba@yourn.org.au