BOOK APPOINTMENT WITH:

**PSYCHIATRISTS**
- Dr Sonali de Sylva (child/adol)
- Dr Emma Heffernan (child/adol/adult)
- Dr Jasveen Kaur (child/adol/adult)
- Dr James McAuliffe (child/adol)
- Dr Meenakshi “Sundar” Shanmugam (child/adol)
- First available

**PSYCHOLOGISTS**
- Swati Basu (child/adol/adult)
- Fiona Jamieson (clinical psychologist)
- Kathy Kent (ado1/adult)
- Elizabeth Parr (ado1/adult)
- First available

**MENTAL HEALTH SOCIAL WORKER**
- Melissa Armstrong

**SPEECH PATHOLOGIST**
- Judy Lockhart

**ATTACHMENTS:**
- pathology / radiology
- correspondence
- school reports
- assessments (psych/OT/speech path)

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**GOALS FOR TREATMENT (please tick)**
- improve symptoms & function (home/school/work)
- address risk
- school attendance
- other

**CONCERNS (please tick)**
- Mood Symptoms
  - Sleep
  - Energy
  - Changes in mood
  - Motivation
  - Reduced interest & enjoyment
  - Social Withdrawal
- Anxiety Symptoms
  - Panic Attacks
  - Excessive Worrying
  - Obsessions / Compulsions
  - Nightmares / Flashbacks
  - Social Anxiety
  - School Absence
- Behaviour Difficulties
  - Self Injury
  - Aggression
  - Disruption/Concentration (home/school/work)
  - Motivation
  - Social / Peer difficulties
  - Concentration

**EATING**
- Restricting / Binging
- Compensating (purging, exercise, laxative)

**DEVELOPMENTAL**
- Speech / Language
- Intellectual Performance
- Peer Relationships
- Developmental Delay

**FUNCTION**
- School
- Home
- Work
- Friends

**RISKS**
- Self
- Others

**ADDITIONAL INFO (Needed for MHCP for Psychologist)**
1. NO. OF SESSIONS
   - 6 (Individual & Group)
   - 4 (Individual & Group)
2. DIAGNOSIS (Please tick one or more if known)
   - Mood Disorder
   - Anxiety Disorder
   - Eating Disorder
   - ADHD
   - Gender Dysphoria
3. REFERRAL FOR SPECIFIC ASSESSMENTS (May not be covered by Medicare)
   - Cognitive (or psychometric)
   - ADHD
   - Learning Disorder