

# Welcome to Our Psychiatric Practice

Welcome. This leaflet is designed to help you understand how our psychiatric practice works, what you can expect from your care, and how to get the most out of your appointments.

Our aim is to provide **careful, professional, and respectful psychiatric assessment and treatment**, tailored to your individual circumstances.

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## Our Approach to Care

Psychiatric care involves understanding your mental health within the context of your medical history, life circumstances, and current functioning.

We take a **comprehensive and thoughtful approach**, which may include:

- Careful psychiatric assessment
- Discussion of diagnosis where appropriate
- Medication management when indicated
- Collaboration with your GP and other treating professionals
- Ongoing review and adjustment over time

Mental health treatment is rarely instant. Improvement often occurs **gradually**, and treatment plans may evolve as more information becomes available.

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## What You Can Expect

You can expect:

- A professional, respectful, and confidential environment
- Careful listening and structured assessment
- Clear explanations where possible
- Treatment recommendations based on clinical judgement and evidence
- Appropriate professional boundaries

You may not always receive a diagnosis or medication at the first appointment. In many cases, further information and observation over time are required to ensure safe and appropriate care.

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## What Is Expected of Patients

To help your care proceed smoothly, we ask that patients:

- Attend appointments on time
- Provide accurate and honest information
- Bring relevant medical information when requested
- Follow agreed treatment plans where possible
- Communicate respectfully with clinic staff

Psychiatric care works best as a **collaborative process** between patient, psychiatrist, and GP.

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## Confidentiality and Privacy

Your care is confidential and handled in accordance with privacy legislation and professional standards.

Information may be shared with your GP or other treating practitioners **with your consent**, or where required by law or safety considerations.

Further details are available in our Privacy and Confidentiality leaflet.

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## Emergencies and After-Hours Support

This practice does **not** provide crisis or emergency services.

If you feel unsafe or require urgent mental health support:

- Contact your local emergency services, or
  - Attend your nearest emergency department, or
  - Contact appropriate crisis support services (details available on our website).
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## Getting the Most from Your Care

Psychiatric treatment is most effective when:

- Appointments are used to discuss current symptoms and concerns
- Changes over time are monitored
- Expectations are realistic
- Care is reviewed regularly

If you are unsure about any aspect of your care, you are encouraged to discuss this during your appointment.

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