



# PSYCHIATRY REFERRALS



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[referrals@vitahealthcare.com.au](mailto:referrals@vitahealthcare.com.au)



[www.vitahealthcare.com.au](http://www.vitahealthcare.com.au)

While Vita Healthcare offers a range of services, including psychiatry, it's important to ensure you receive care tailored to your specific needs.

Your first step is to see your GP. They can assess your situation and determine if a referral to a psychiatrist is the best course of action. Your GP can also provide initial support and offer alternative resources if needed.

If your GP recommends a referral to a psychiatrist:

- You can choose any psychiatrist you wish. Feel free to discuss your preferences with your GP.
- You can address the referral letter to "Dear Psychiatrist" or include the specific psychiatrist's name if you have one in mind.
- Please send the completed referral letter to [referrals@vitahealthcare.com.au](mailto:referrals@vitahealthcare.com.au)

Once we receive your referral:

- Our team will carefully review it and triage your needs.
- Our intake officer will be in touch to discuss your situation and provide an update on the referral process.
- Unfortunately, due to each psychiatrist having their own specialty areas and capacity limitations, we cannot guarantee an appointment. However, we will do our best to match you with the most suitable psychiatrist within Vita Healthcare or provide alternative resources if needed.

We understand that seeking mental health support can be a daunting process. We are here to help navigate this journey with you. Please do not hesitate to reach out to your GP or our team at [referrals@vitahealthcare.com.au](mailto:referrals@vitahealthcare.com.au) if you have any questions or concerns.

We wish you all the best in finding the support you need.