

AXIS CLINIC

FOR BETTER MENTAL HEALTH

Connecting rural and remote communities with care

At Axis Clinic we strive to provide an inclusive and accessible service. We believe your ability to access care shouldn't be limited by where you live. We understand the challenges faced by those living in remote and rural communities which can impact on mental health and wellbeing. Our phone and Skype consultations work to bridge the gap and to ensure stronger, more resilient communities.



Supporting remote and rural communities

Axis Clinic presents a coordinated multi-disciplinary clinical team available nationally for phone and Skype consultations for those living in rural and remote areas.

Axis Clinic provides timely and accessible consultation, assessment, treatment and support for mental health and personal concerns. Our team consists of consultant psychiatrists, psychologists (general, neuro and clinical), social workers and dietitians with experience across areas of psychiatry and complex care needs. We have links to a Brisbane private hospital to include admission to hospital where required.

WHY RURAL MENTAL HEALTH IS SO IMPORTANT

Options for and access to comprehensive mental health care is very important for people living in rural or remote areas of Australia. According to the National Rural Mental Health Alliance:

- + Suicide and self-harm rates in rural and remote areas of Australia are significantly higher than the national average. Very remote regions have suicide rates more than double that of major capital cities and the rate of suicide among men aged 15-29 years who live outside major cities is twice as high as it is in major cities.
- + There is a lack of access to specialised mental health care in rural areas and there can often be apprehension around help-seeking in a small community for fear of stigma and confidentiality being less assured.
- + Delay in diagnosis and treatment can lead to increased duration and severity of illness and the added distress of secondary effects.

REFERRALS

We welcome referrals from individuals and families, General Practitioners and local community and health services. A GP referral is required to claim Medicare rebates for psychiatrist consults. An allied health team member will take initial referrals to determine the most appropriate team member. Referrals can be made by phone or email.



AREAS OF CLINICAL FOCUS

ASSESSMENT, DIAGNOSIS AND MEDICATION ADVICE

MEDICATION REVIEW

EATING DISORDERS

PERSONALITY DISORDERS, COMPLEX TRAUMA, SELF-HARM AND SUICIDE RISK MANAGEMENT

ALCOHOL AND OTHER DRUGS

MOOD DISORDERS

ANXIETY INCLUDING OBSESSIVE COMPULSIVE DISORDER

GRIEF AND LOSS

SEXUALITY

PSYCHOTHERAPY

PERINATAL AND POST NATAL SUPPORT

CHILD AND ADOLESCENT MENTAL HEALTH

PSYCHOSIS

CRISIS INCIDENT SUPPORT

To learn more about our practitioners and their collective areas of expertise, visit our website or refer to 'Your guide to getting to know us'.