

# Division Services for Patients in the North



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# ***Welcome...***

...to the first edition of **Division Services for Patients in the North.**

This publication aims to provide you with useful information about Adelaide Northern Division of General Practice's mental health, healthy living and preventive health programs.

We hope this book will be a handy reference for you, helping to inform patients of existing services and programs offered by the Division which they can be referred to by their general practitioner.

**Barbara Magin**

Adelaide Northern Division of General Practice  
Chief Executive Officer

# Contents

Adelaide Northern Division of General Practice provides a range of services to assist patients in the north who are struggling with mental health and chronic disease difficulties.

You may ask your GP about any of the services listed in this book or you can call Adelaide Northern Division of General Practice for more information on 8252 9444.

Each program has specific referral criteria. For your referral to be eligible, your GP must be within Adelaide Northern Division of General Practice's divisional boundaries. Please refer to pages 12 to 15 for a list of practices within our divisional boundaries. The GP Plus Diabetes Management Initiative (page 12) is also open to people living or working in the City of Tea Tree Gully council area.

<b>Program</b>	<b>Page</b>
Northern Wellbeing	5
Northern Kids Wellbeing	6
Shared Care	7
Northern Suicide Intervention	8
Adelaide Northern headspace	9
Mind Body Life	10
Reset Your Life	11
GP Plus Diabetes Management Initiative	12
General Practices	13

## Northern Wellbeing

Northern Wellbeing provides therapeutic interventions for people aged fourteen and over who have difficulties with anxiety and/or depression.

### Offers

- Qualified mental health clinicians
- An initial 6 sessions with a further six sessions available if required after a review by your GP
- Cognitive behaviour therapy (CBT) which helps you to identify thoughts, feelings and behaviours that may trigger and sustain your anxiety and/or depression
- Mental health clinicians liaising with your GP to ensure you receive a service which meets all your health needs

### Cost

Sessions take an hour and cost \$5 for health care card holders or \$10 for non-health care card holders.

### Access

- A Mental Health Care Plan (Item 2710) must be completed with your GP to identify your current difficulties.
- Please ensure you are asked to sign the Mental Health Care Plan.
- If you are aged under sixteen years then you will need your carer to provide a second signature. Alternatively, a second GP can give their signed consent in the absence of a carer.
- Your GP will fax the Mental Health Care Plan to the Division. Staff will process the referral and allocate an appointment via letter.
- Your GP must be within Adelaide Northern Division of General Practice's divisional boundaries.

### Contact

Kylie Kasal  
Mental Health Programs Support Officer

**Ph:** 8252 9444

**E:** [kkasal@andgp.org.au](mailto:kkasal@andgp.org.au)

Emily Gray  
Administrative Assistant

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## Northern Kids Wellbeing

Northern Kids Wellbeing provides therapeutic intervention for children up to 12 years old who have difficulties with anxiety and/or depression. This service is offered in partnership with Secure Start (a private, bulk-billing organisation).

### Offers

- Qualified mental health clinicians
- An initial 6 sessions with a further six sessions available if required after a review by your GP
- Cognitive behaviour therapy (CBT) which helps you to identify thoughts, feelings and behaviours that may trigger and sustain your anxiety and/or depression
- Mental health clinicians liaising with your child's GP to ensure they receive a service which meets all their health needs
- Family support

### Cost

Sessions take an hour and are bulk-billed.

### Access

- A Mental Health Care Plan (Item 2710) must be completed with your child's GP to identify their current difficulties.
- A parent or guardian must sign the Mental Health Care Plan.
- The GP will fax the Mental Health Care Plan to the Division. Staff will process the referral and contact the parent or guardian with an appointment time.
- Your child's GP must be within Adelaide Northern Division of General Practice's divisional boundaries.

### Contact

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Mental Health Programs Support Officer  
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## Shared Care

The Mental Health Shared Care with GPs program provides therapeutic intervention and support for people aged 18 to 65 who have severe, ongoing depression and/or anxiety or any other complex mental health issues.

### Offers

- Qualified mental health clinicians
- Cognitive behaviour therapy (CBT) which helps you to identify thoughts, feelings and behaviours that may trigger and sustain your anxiety and/or depression
- Mental health clinicians liaising with your GP and any other support services you may have already accessed to ensure you receive a service which meets all your health needs
- Unlimited sessions

### Cost

Sessions take an hour and there is no cost for this service.

### Access

- A Mental Health Care Plan (Item 2710) must be completed with your GP to identify your current difficulties.
- Please ensure you are asked to sign the Mental Health Care Plan.
- Your GP will fax the Mental Health Care Plan to the Division. Staff will process the referral and allocate an appointment via letter.
- Your GP must be within Adelaide Northern Division of General Practice's divisional boundaries.

### Contact

Deb Lee  
Mental Health Programs Manager

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Noel Johns  
Mental Health Clinician

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## Northern Suicide Intervention Program (SIP)

The Northern Suicide Intervention Program (SIP) is staffed by qualified mental health clinicians who offer risk assessments and brief psychological counselling and support.

### Offers

- Responsive service aiming to see referred patients within 72 hours.
- Suicide and self harm risk assessments
- Psychosocial counselling and direct support
- Liaison and referral to other services
- No waiting list

### Cost

Nil.

### Access

- Patients must be under the care of a GP and at risk of suicide or self-harm due to situational crisis. This excludes patients with long term, chronic psychiatric conditions.
- The GP must make a referral by phoning Northern SIP on 1300 049 159 during normal business hours.
- The Northern SIP worker will arrange an appointment while the patient is still with their GP or will contact the patient within 72 hours of their GP consultation.

### Contact

Deb Lee

Mental Health Programs Manager

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## Adelaide Northern headspace

Adelaide Northern headspace is a service for young people aged 12 to 25 years. This service has been set up to help young people and their families to deal with different problems.

### Offers

- Professional help from experts in a range of areas
- Access to GPs, counsellors and/or psychiatrists
- Assistance with general physical health, sexual health, contraception, relationships, mental health, substance use issues
- Information about education and finding work
- Access to youth workers and family support workers
- Opportunity for young people to join the Youth Advisory Committee

### Cost

Nil.

### Access

- You can call Adelaide Northern headspace direct through Adelaide Northern Division of General Practice on 8252 9444 to make an appointment with an intake assessment officer.
- Alternatively, your GP can complete a Mental Health Care Plan (2710) and fax it direct to Adelaide Northern headspace on 8252 9433. You will be contacted by staff and offered an appointment time. Your GP must be within the Adelaide Northern Division of General Practice's divisional boundaries.
- A community health worker, teacher, parent or other support worker can also complete a community referral form on your behalf and fax it to Adelaide Northern headspace on 8252 9433. You will be contacted by staff and offered an appointment time.

### Contact

Simon McMahon  
Business Services Coordinator

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## Mind Body Life

Mind Body Life is an 8 week group for women run by Division mental health clinicians using cognitive behaviour therapy and the mindfulness approach to generate greater self-confidence and increase the ability of the patient to use self as an anti-depressant. Group sessions include an exercise workout at a local fitness centre.

### Offers

- Qualified mental health clinicians
- Eight weekly group sessions on Tuesday mornings
- Group counselling using cognitive behaviour therapy and the mindfulness approach
- Education and training about processes of change, healthy eating, promoting restful sleep, relaxation, body image and building self confidence
- Access to the fitness centre outside of group sessions for extra workouts during the eight weeks

### Cost

\$50 participant fee.

### Access

- A Mental Health Care Plan (Item 2710) must be completed with your GP to identify your current difficulties and faxed to the Division on 8252 9433.
- Ideally, patients should have some initial counselling through the Division's Northern Wellbeing service before commencing the Mind Body Life program.
- Your GP must be within Adelaide Northern Division of General Practice's divisional boundaries.

### Contact

Ann Horskins  
Mental Health Clinician

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Andrea Gregory

Mental Health Clinician

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## Reset Your Life

Reset Your Life aims to teach participants how to improve their lifestyle to assist in preventing or delaying the onset of type 2 diabetes. It is a group program of six sessions run over six months. It is available to patients within the 40-49 age group or within the 15-55 age group for Aboriginal and Torres Strait Islander patients.

### Offers

- Interactive, practical and motivational group program which equips you with the tools to live healthily
- Experienced and qualified health professionals
- Small groups of up to 15 people
- Education and training about pre-diabetes, risk factors, diagnosis and treatment
- Education and training about healthy eating, physical activity, stress management and setting goals for improved wellbeing
- Equipment and resources provided

### Cost

No cost to health care card or concession card holders. One off payment of \$50 for other patients.

### Access

- Available to patients in the 40-49 year old age group assessed as high risk of developing type 2 diabetes based on the AUSDRISK tool and who have had diabetes excluded.
- A Division Reset Your Life referral form must be completed by your GP and faxed to the Division on 8252 9433. Your GP can refer you under Items 710, 713 or 717.
- Your GP must be within Adelaide Northern Division of General Practice's divisional boundaries.

### Contact

Veronica Riviere  
LMP Coordinator

**Ph:** 8252 9444

**E:** [vriviere@andgp.org.au](mailto:vriviere@andgp.org.au)

## GP Plus Diabetes Management Initiative

This service aims to work with and assist people who have Type 2 Diabetes, or who are at risk of developing diabetes, to manage and understand their condition more effectively. Services are provided by a northern diabetes team which consists of credentialled diabetes educators and a dietitian. The initiative is delivered through Primary Health Care Services at Salisbury and Playford. This is a collaborative service working with Adelaide Northern Division of General Practice, the Lyell McEwin Hospital and Central Northern Adelaide Health Service, Ambulatory and Primary Health Care Directorate.

### Offers

- Healthy eating and lifestyle programs including a 6 week program with a focus on nutrition and lifestyle issues for people at risk of a chronic disease such as type 2 diabetes
- Diabetes education groups including a 2 week program for people with type 2 diabetes, particularly for those who are newly diagnosed
- Individual consultations with a credentialled diabetes educator or dietitian

### Cost

This is a free service. The services of the diabetes educators and/or dietitian can be included in GP Management Plans and Team Care Arrangements. Please ask your GP for further details.

### Access

- A referral from your GP is preferred, self-referrals are accepted in some cases.
- Referral forms are available from the Division's website [www.andgp.org.au](http://www.andgp.org.au) and can be faxed to 8252 9433.
- Only available to people living or working in the City of Salisbury, City of Playford and City of Tea Tree Gully areas.

### Contact

Isabelle Wegener

Credentialled Diabetes Educator

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Marjory Ross

Credentialled Diabetes Educator

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<b>Name</b>	<b>Phone</b>
Adelaide Road Clinic	08 8522 1466
All Health Medical Centre	08 8250 1333
Allcare Medical Centre Blakeview	08 8254 6888
Allcare Medical Centre Gawler East	08 8523 1880
Area Health Service - RAAF Base	08 8393 2424
Bridgestone Medical Centre	08 8282 2255
Burton Road Clinic	08 8281 2955
Christian Family Practice	08 8250 6299
Craigmore Family Practice	08 8255 1999
Dr Cheong Surgery	08 8252 0555
Dr Mehendale's Surgery	08 8254 6717
Dr Sim Surgery	08 8258 1137
Dr Watson Surgery	08 8258 1704
Elizabeth Centre Clinic	08 8255 9700
Elizabeth City Medical Centre	08 8255 8049
Elizabeth Grove Surgery	08 8255 2133
Elizabeth Medical and Dental Centre	08 8256 8000
Elizabeth North Clinic	08 8255 3355
Elizabeth South Surgery	08 8252 2992
Europa Clinic	08 8258 9103
Evanston Park Surgery	08 8522 4933
Fields Medical Centre	08 8254 2855
Florey Clinic	08 8349 8999
Gawler GP Inc	08 8521 2049
Gawler Medical Clinic	08 8522 1844
Gawler Skin Cancer Clinic	08 8522 5555

# General Practices

<b>Name</b>	<b>Phone</b>
GP Connect	08 8281 7077
GPAxis	08 8254 7700
Hamblynn Medical Centre	08 8255 1535
Harmonie Medical Clinic	08 8281 1688
Health Matters Medical Centre Pty Ltd	08 8285 8888
Hollywood Surgery	08 8258 7729
Hyde and Partners	08 8522 3444
Krishnan Medical Practice	08 8258 1143
Ling Surgery	08 8255 5772
Madison Park Family Medical Practice	08 8182 5700
Manor Farm Surgery	08 8258 3748
Martins Road Family Medical Practice	08 8283 4411
Mawson Lakes Medical Centre	08 8359 5133
Midway Medical Clinic	08 8255 2488
Montague Farm Medical Centre	08 8359 4222
Munno Para Medical Centre	08 8284 5588
Northern Specialist Medical Centre	08 8281 0666
Northwest Medical Centre	08 8258 2558
Parafield Gardens Family Medical Practice	08 8250 5303
Paralowie Medical Centre	08 8280 3111
Pooraka Clinic	08 8260 2677
Prasads' Medical Centre	08 8258 4736
Preventive Health Care Centre	08 8250 0445
Salisbury Family Care	08 8250 0555

<b>Name</b>	<b>Phone</b>
Salisbury Heights Surgery	08 8258 2878
Salisbury Medical Clinic	08 8258 1732
Smithfield Plains Surgery	08 8254 6394
Springbank Medical Centre	08 8280 3650
Springvale Medical Centre	08 8254 8555
Stanbel Road Family Medical Practice	08 8285 2299
Trinity Medical Centre	08 8258 1677
Two Wells Medical Clinic	08 8520 2411
Vale Medical Group	08 8255 1178
Virginia Medical Centre	08 8380 9145
Wellcare Medical Clinic	08 8258 2942
Whites Road Medical Centre	08 8258 8988
Williamstown Medical Centre	08 8524 6122
Womma Clinic	08 8255 2688
Woodford Surgery	08 8255 9191
Work Health Clinic	08 8287 6800

