



# Supporting mental health and wellbeing

## Choose St John of God Health Care to provide compassionate and specialised mental health services for your patients.

Our expert, multidisciplinary teams provide specialised mental health services at our Burwood and Richmond hospitals. Programs are tailored to meet the needs of your patients and support them to live a happy, healthy and fulfilling life.

We provide a range of treatments for conditions including anxiety, depression, drug and alcohol addictions, mood disorders, psychosis and general psychiatry services including older adult mental health.

**St John of God Burwood Hospital** offers the only private Mother and Baby Residential Unit in NSW. The 12 bed purpose built unit provides support for the family so mothers experiencing perinatal depression, anxiety or other related conditions can access services and programs and recover in a caring and supportive environment.

Patients with Post-traumatic stress injuries will benefit from our nationally recognised PTSD program at **St John of God Richmond Hospital**.

Further information about services and referrals to programs at our hospitals

- Burwood (02) 9715 9200
- Richmond (02) 4570 6100
- [www.sjog.org.au/mentalhealth](http://www.sjog.org.au/mentalhealth)



# Better access to private mental health care

## How your patients can benefit from changes to private health insurance

The Australian Government has made it easier for patients to access mental health and drug and alcohol treatment services by making changes to private hospital insurance.

### What are the changes?

- Since April 2018, patients with private hospital insurance can upgrade their cover to access in-hospital mental health treatment without serving the standard two-month waiting period. This exemption to the waiting period is available once for each person listed on a policy.
- Limits on the number of mental health sessions or treatments a patient can access as conditions on their insurance policy have been removed. This previously affected treatments such as day programs, electroconvulsive therapy and transcranial magnetic stimulation.

### How do patients upgrade their cover to access mental health treatment?

- To upgrade cover, patients simply call their health insurer who can action the upgrade immediately. When patients upgrade their cover, they will need to pay a new premium from the day the new cover is applied.
- We recommend patients speak to their health insurer as soon as they are referred to mental health care.

### What inpatient costs are covered by private health insurance?

In general, as long as patients are fully covered for mental health care they will have no out-of-pocket costs for their inpatient hospital care.

It is important for patients to know that some services and costs are not controlled by the hospital and may not be covered by their health insurance, including pathology and pharmacy fees. We recommend patients speak to their health insurer to confirm their eligibility, level of cover, and likely out-of-pocket expenses.

### How are outpatient costs covered?

If patients are referred to one of our psychiatrists as an outpatient, they will have a gap fee to pay at their first appointment. After this, the majority of costs are covered by Medicare. Some doctors may still charge a small out of pocket fee, the amount is set by the individual doctor. Outpatient group programs are fully covered by Gold level private health insurance.

### What impact do the Gold, Silver, Bronze and Basic classifications have on patients seeking private mental health care?

The new private hospital insurance product tiers are designed to give consumers greater certainty about the services covered by each type of hospital treatment product. Health insurance products will transition to this new classification between April 2019 and April 2020.

Mental health care is covered by Gold private health insurance product. It is a restricted service under Basic, Bronze and Silver cover. This means that patients can access mental health care but may have out-of-pocket costs.

### How to refer your patients to St John of God Burwood or Richmond hospitals?

A written referral is required from a GP or psychiatrist. You can contact us if you have any enquires about our services or charges.

**Burwood** P: (02) 9715 9200 F: (02) 9715 9292 E: [Burwood.admissions@sjog.org.au](mailto:Burwood.admissions@sjog.org.au)

**Richmond** P: (02) 4570 6100 F: (02) 4571 1552 E: [Richmond.admissions@sjog.org.au](mailto:Richmond.admissions@sjog.org.au)

[www.sjog.org.au/mentalhealth](http://www.sjog.org.au/mentalhealth)

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