

MINDSENSE

CENTRE OF PSYCHIATRY

Client information sheet



Why you've been referred

MindSense consists of a group of expert psychiatrists, psychologists and other consultants through the brands of ASSESS Group, Medilaw, Next Health and Lex Medicus, who provide independent and impartial assessments.

Our network of MindSense consultants express their medical opinion objectively and fairly, and answer questions asked by the referrer.

The role of an independent medical examiner is very specific. It is to assess the current status and treatment of your psychiatric condition and then provide a written report with their opinion to the person who referred you.

Your consent is always sought prior to assessment.

The Mindsense consultant you will see is not in a position to provide you with guidance or actual treatment for your condition – this is always to be provided by your treating medical practitioners.

It is important to us that your experience with MindSense is a positive one.



What to expect

Duration: MindSense assessments can take between 45 minutes and two hours.

The assessment: MindSense assessments are conducted in a face-to-face setting, via telehealth, in your own home or an office organised for you to attend.

It is important that you are not under the influence of any drugs or alcohol at the time of the assessment, as this may prevent the assessment from being completed.



What to consider

Support person: You can have a support person present. Not everyone is appropriate to act as a support person during your assessment. The support person is not allowed to engage with the MindSense Consultant on your behalf.

Consider if the person supporting you is aware of your history, and whether or not you believe it may be more challenging to talk to the consultant if a person close to you is present. Sometimes people may find it harder to talk when a support person is present.

Telehealth considerations: Video assessments can be conducted as long as you are situated in a private, quiet room with a good internet connection. Our team will contact you a few days out from your assessment to conduct a test call. This prevents any technical issues on the day and makes it an easier process for you.

Please make sure you complete the test call to avoid any technical problems on the day of your assessment.



Frequently asked questions

How long will the assessment take?

45 minutes to two hours.

Is this about treatment?

No. Treatment is always provided by your GP and other services.

Can you tell me what the report will say?

No, not at the interview, but the report will usually be available to you from the referrer. We advise that it may be best to read the report for the first time along with a member of your treating team such as your GP, psychologist or psychiatrist.

Is it confidential?

Unlike when you see someone for treatment, this letter is being released to a third party (the referrer). The report may then go to further parties at the direction of your solicitor. Any questions regarding this should be directed to the person who has made the referral. We will only release the report to the referrer, unless we have your consent to release it to any other third party.

What if I don't want to speak about something?

The consultant will ask many questions that are broad and relevant for the assessment.

If there is something you do not want to talk about with the consultant, you are encouraged to talk to the referring solicitor prior to the assessment to express your concerns. It is important to be open about your history so the assessment is thorough.



Aftercare

It is important that your doctor, psychiatrist or psychologist is aware of the assessment prior to it taking place. After the assessment, you may experience a range of emotions. It may be a relief, or it may be a distressing time. Having a plan of who you may talk to (family, friend, GP, psychiatrist, psychologist) is worthwhile. Some people may plan to meet with someone afterwards if they anticipate they will be distressed.

Helpline

Check in with your GP, psychiatrist or psychologist if you begin to feel overwhelmed after the assessment.

Helpline numbers

13YARN: 13 92 76

Lifeline: 13 11 14

Samaritans: 13 52 47

Beyond Blue: 1300 22 46 36



For more information

T: 1300 646 373 (1300 MINDSE)

E: admin@mindsensepsychiatry.com.au

mindsensepsychiatry.com.au

