

Access to Allied Psychological Services (ATAPS) Project

ATAPS is a pathway which enables GP Network Northside and Northern Sydney GP Network GPs to refer disadvantaged patients to psychologists for Focussed Psychological Strategies (FPS) where they would not otherwise be able to afford to pay the fee charged by the psychologist.

Project Target Groups

Perinatal depression (Antenatal and Postnatal depression), youth, Health Care Card Holders, low income earners, patients experiencing financial difficulties, Culturally and Linguistically Diverse (CALD) communities, Aboriginal and Torres Strait Islander people, patients who are, or are at risk of homelessness.

Eligible Mental Health Disorders

Patients requiring Focussed Psychological Strategies (FPS), who would benefit from a structured approach to the management of their care needs through a GP Mental Health Treatment Plan. The following mental health disorders are eligible:

- Bereavement disorders
- Generalised anxiety
- Adjustment disorder
- Eating disorders
- Sexual disorders
- Phobic disorders
- Enuresis
- Conduct disorder
- Drug use disorders
- Perinatal Depression (Antenatal and Postnatal Depression)
- Neurasthenia
- Sleep problems
- Depression
- Panic disorder
- Mixed anxiety & depression
- Dissociative (conversion) disorder
- Hyperkinetic (attention deficit) disorder
- Mental disorder, not otherwise specified
- Unexplained somatic complaints
- Acute psychotic disorders
- Bipolar Disorder
- Alcohol use disorders
- Chronic psychotic disorders

Patients requiring crisis care should be referred using existing pathways. Additionally, patients undergoing WorkCover and other insurance assessments, and forensic legal assessments should be referred using appropriate services.

ATAPS Psychologists Directory

GP Network Northside have contracted a pool of local psychologists for referrals under the ATAPS project. These psychologists have agreed not to charge the patient a gap. GPs should select a psychologist from the ATAPS Psychologists Directory, for referrals. The Directory can be accessed by visiting the GPNN website at www.gpnn.org.au

Services provided by Psychologist

The psychologist will provide an initial set of 6 (50 minute) FPS sessions. Patients can be referred for additional sessions following a review by the referring GP after the first 6 sessions.

These FPS treatments include:

- Psycho-education
- Interpersonal Therapy
- Cognitive Behavioural Therapy
- Skills Training
- Relaxation strategies
- Behavioural interventions

Further Information

Please contact Project Officer - ATAPS on 9477 8700 or visit the GPNN website www.gpnn.org.au