# What is Townsville Community Allied Health Services?

The service is a multi professional team working with eligible patients of the Townsville Hospital and Health Service who are living in the community (not currently in the hospital for treatment).

#### The team includes:

- · Psychologists
- Physiotherapists
- Exercise Physiologists
- Speech Pathologists
- Social Workers
- Occupational Therapists
- Dietitians
- Therapy Assistants

# Psychology at Townsville Community Allied Health Services

Psychologists at the service work with people who have a long-term illness to help them recover from emotional and psychological problems they may have. Their goal is for clients to get the most out of life.

## **Contact details:**

Townsville Community Allied Health Service Kirwan Community Health Facility 138 Thuringowa Drive Kirwan QLD 4817

PO Box 1596 Thuringowa Central Q 4817

#### Phone:

(07) 44 339 500

#### Fax:

(07) 44 339 501

## **Opening hours:**

Monday – Friday 8.00 am – 4.30 pm

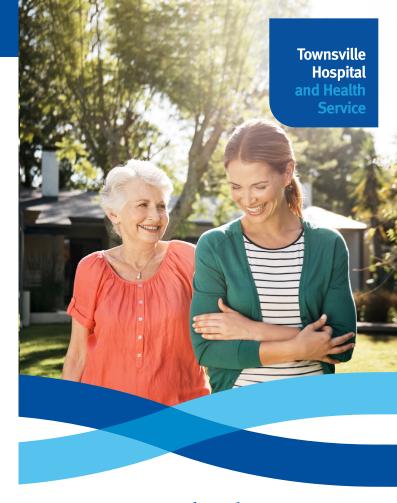
Published by Townsville Hospital and Health Service www.health.qld.gov.au/townsville



This patient information brochure supports National Safety and Quality Health Service Standard 2 - Partnering with Consumers



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# Psychology Townsville Community Allied Health Service

General information for Psychology clients



## What to expect

Appointments usually go for one hour, however the first appointment may last up to one and a half hours as the Psychologist gets to know the person and their circumstances.

Depending on their needs, the person may receive several sessions. Appointments happen at the Kirwan Health Campus.

## Confidentiality

All Queensland Health staff are bound by confidentiality. Session notes are kept with a person's other health information stored electronically in their hospital and health service medical record. Notes may sometimes be needed by health service professionals when providing other health services to the person. The information is kept secure following the rules for Record Management procedures of the Townsville University Hospital and Health Service.



# Who can attend Psychology Services?

It is for adults in the Townsville community. Eligible people with a long-term health condition and who need psychological assistance can attend.

# Examples of long-term health conditions include:

- Diabetes
- · Cardiac problems
- · Parkinson's Disease
- Multiple Sclerosis
- Asthma
- Arthritis.

## **Examples of psychological concerns:**

- Depression
- Anxiety
- Problems coming to terms with a chronic illness
- Stress Management
- Grief and Loss
- Making lifestyle changes related to a chronic illness.

## How much does the Service cost?

The service is free of charge.

## **Accessing the Service**

## Under 65's

Ask a Townville Hospital and Health Service health professional to make a referral

### OR

## GP referrals can be made

via Health Pathways - Psychology -Townsville Community Allied Health Service

#### OR

# Intake Officer Townsville Community Allied Health Service

**Phone:** (07) 4433 9500 **Fax:** (07) 4433 9271

Email: TTH-Referrals@health.qld.gov.au

## Over 65's or over 50's First Nations

Not in receipt of a Home Care Package Level 3 or 4

My Aged Care

Phone: 1800 200 422

Request TTH – Townsville Community Allied Health Service - Psychology.