

Mental Health Management Program

The logo for 'reviveclinic' is located in a white circle with a green border. The text 'reviveclinic' is written in a lowercase, sans-serif font, with 'revive' in green and 'clinic' in black. The background of the page features a pattern of orange and blue dots of varying sizes, some of which are arranged in circular paths.

Stress and anxiety is a leading contributor to mental health problems and depression in Australia. Stress is not just a fact of life it can have a very negative impact on your health and state of mind.

The 6 week Stress Relief program will equip you with all the tools and support that you need to better manage daily stress and your mental wellbeing. This program includes weekly support from our Nurse Practitioner to answer all your questions, educate you on how to nurture and improve your mental health and assist you to make changes to better control your stress, live a easier, happier and healthier life.

The program includes ongoing progress monitoring. We are your support network in between visits to your primary care provider. And to ensure continuity of care, we'll maintain contact with your primary care provider after each visit. When you need us, we'll be ready.

What to expect at your visit

1. Your nurse practitioner will enrol you in the program, review your medical and medication history as well as perform an examination if required based on your individual needs, following nationally accepted guidelines.
2. A visit summary will be sent to your primary care provider with your consent.

How much does the program cost and can I get a rebate?

- The Mental Health Management Program is _____ for 6 weeks.
- Standard consult fee applies to ongoing post program monitoring.
- Medicare and health insurance rebates apply.

What to know before your visit

- Patients must be 18 years of age or older.
- Diagnosis of certain conditions may require further tests. Your Nurse Practitioner will advise you the additional cost for any tests required that are not covered on Medicare.
- Some conditions may require a referral to a GP or Specialists.

What's a Nurse Practitioner?

Nurse Practitioners are highly experienced registered nurses with advanced education and training in the diagnosis, management and prevention of common health conditions. They have the authority to prescribe medication, refer to specialists and order diagnostic tests.

Talk to our Nurse Practitioner today.

Your participating Revive Clinic Pharmacy

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