

# Identifying and treating anxiety in general practice

*15<sup>th</sup> May 2024*



**Pathways are written by GP clinical editors with support from local GPs, hospital-based specialists and other subject matter experts**



- **clear and concise, evidence-based medical advice**
- **Reduce variation in care**
- **how to refer to the most appropriate hospital, community health service or allied health provider.**
- **what services are available to my patients**




## Melbourne

# HEALTHPATHWAYS

### Latest News

1 May

 [health.vic](#)

[Health alerts and advisories](#)

29 April

**Local transmission of mpox in Victoria**

There are 3 new locally-acquired cases of mpox reported in Victoria. Clinicians should test all patients presenting with compatible symptoms, particularly genital rash, lesions, or proctitis, and notify cases to the Department of Health. [Read more...](#)

19 April

**Enabling EDIE Workshop for GPs and Practice Nurses**

This FREE immersive, in-person, workshop enables participants to see the world through the eyes of a person living with dementia utilising high-quality virtual reality technology. Limited places available, register now: [GPs](#) / [Practice Nurses](#)

11 April

**Antibiotic availability now at baseline**

The TGA have advised that nationwide antibiotic shortages from 2023 have now resolved. Therapeutic Guidelines have updated their Antibiotic Prescribing in Primary Care: Therapeutic Guidelines Summary Table for 2024 [to reflect this](#).

5 April

**Poisonous mushrooms growing in Victoria**

Poisonous mushrooms such as death cap mushrooms and yellow-staining mushrooms occur in Victoria during autumn as

### Pathway Updates

*Updated – 6 May*  
[Adverse Food Reactions in Children](#)

*Updated – 2 May*  
[COVID-19 Vaccination](#)

*Updated – 2 May*  
[Immunisation - Influenza](#)

**NEW – 26 April**  
[Statewide Referral Criteria for Specialist Clinics](#)

*Updated – 22 April*  
[GP Palliative Care Resources](#)

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# Anxiety in Children Relevant and Referral Pathways

## Relevant Pathways

Anxiety in Adults

Anxiety in Children and Adolescents

Anxiety, Distress, and Agitation in Palliative Care

Alcohol and Other Drugs

Child and Youth Mental Health

LGBTIQA+ Mental Health

Medications for Depression and Anxiety (Pregnancy and Breastfeeding)

Pregnancy and Postpartum Mental Health

Psychosis

Self-harm

Suicide Prevention

## Referral Pathways

Acute Child and Adolescent Psychiatry Referral or Admission (Same-day)

Adult Mental Health Service Referrals

Child and Adolescent Eating

Disorders Specialised Referral

Child and Youth Mental Health Support Services

Non-acute Child and Adolescent Psychiatry Referral (> 24 hours)

Paediatric Psychology and Counselling Referral

Perinatal Mental Health Referrals

Transgender Health and Gender Diversity Referral

# Anxiety in Children Related Pathways

## **Related Pathways**

[Carer Support - Mental Health](#)

[Depression in Children and Adolescents](#)

[Depression in Adults](#)

[Depression in Older Adults](#)

[Medications for Depression in Adults](#)

[Medications for Depression in Older Adults](#)

[E-Mental Health Services](#)

[GP Mental Health Treatment Plan](#)

[Mental Health Community Support Services](#)

[Bipolar Disorder](#)

[Practical Prescribing Guide](#)

[Safe Script](#)

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THANK YOU!