

Identifying and treating anxiety in general practice

15th 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



HealthPathways – Anxiety

melbourne.healthpathways.org.au





Melbourne Home COVID-19 About HealthPathways Summary of Referral Pages Aboriginal and Torres Strait Islander Health Avoiding Hospital Admission Allied Health and Community Nursing Child Health Investigations Legal and Ethical Lifestyle and Preventive Care Medical Mental Health ADHD in Children and Youth ADHD in Adults Alcohol and Other Drugs Anxiety in Adults Autism in Adults Bereavement, Grief, and Loss Bipolar Disorder Borderline Personality Disorder (BPD) Child and Youth Mental Health Depression in Adults Disaster Mental Health in Adults Eating Disorders Pregnancy and Postpartum Mental Physical Health and Mental Illness Problem Gambling

Psychosis



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Melbourne

Latest News

1 May

health.vic

Health alerts and advisories 2

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 2 / Practice Nurses 2

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

VIEW MORE UPDATES.

ABOUT HEALTHPATHWAYS





USEFUL WEBSITES & RESOURCES

MBS ONLINE

MPS MEDICINEWISE

PBS

NHSD

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Anxiety in Children Relevant and Referral Pathways

Referral Pathways

| Relevant Pathways | Referral Pathways |
|-------------------|---|
| Anxiety in Adults | Acute Child and Adolescent Psychiatry Referral or |

Anxiety in Children and Adolescents Admission (Same-day)

Anxiety, Distress, and Agitation in Palliative Care Adult Mental Health Service Referrals

Alcohol and Other Drugs Child and Adolescent Eating

Child and Youth Mental Health Disorders Specialised Referral

LGBTIQA+ Mental Health Child and Youth Mental Health Support Services

Medications for Depression and Anxiety (Pregnancy and Non-acute Child and Adolescent Psychiatry Referral

Breastfeeding) (> 24 hours)

Pregnancy and Postpartum Mental Health Paediatric Psychology and Counselling Referral

Psychosis Perinatal Mental Health Referrals

<u>Self-harm</u> Transgender Health and Gender Diversity Referral

Suicide Prevention

Disclaimer: For presentation purposes only



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

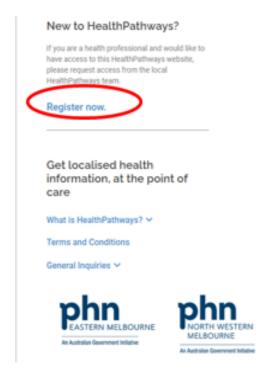


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