



How can I find an Accredited Mental Health Social Worker?

You can search for Accredited Mental Health Social Workers in the AASW 'Find a Social Worker' online database: www.aasw.asn.au/findasocialworker or you can ask your GP to refer you to an Accredited Mental Health Social Worker in your area.



To find out more information about Accredited Mental Health Social Workers please contact:

The Australian Association of Social Workers (AASW)

Phone: 03 9320 1000

Website: www.aasw.asn.au



AASW
Australian Association
of Social Workers

Accredited Mental Health Social Workers

Information for clients



Your Local Provider: #1661701J

An Nguyen
Counselling & Psychotherapy
www.arniecounselling.com
Phone: 0494 360 004
Fax: (02) 9843 3266



Did you know?

You are eligible for a Medicare rebate if you undergo counselling and psychotherapy with an Accredited Mental Health Social Worker in private practice when you are referred by your GP, paediatrician or psychiatrist.

What is an Accredited Mental Health Social Worker (AMHSW)?

Accredited Mental Health Social Workers are social workers who have extensive postgraduate training and experience in the field of mental health.

Where are Accredited Mental Health Social Workers?

Accredited Mental Health Social Workers may provide services privately under Medicare. They work independently or as part of a group.

Accredited Mental Health Social Workers usually provide services in a consulting room and some are able to see you where you live.

Accredited Mental Health Social Workers can also work for Medicare Locals, Workcover, Victim Support Services and other government programs in most States and Territories.



When should I see an Accredited Mental Health Social Worker?

An Accredited Mental Health Social Worker can help if you are struggling with any of the following issues:

- Anxiety and depression
- Anger issues
- Grief and bereavement
- Eating disorders
- Personality vulnerabilities
- Suicidal thoughts and behaviours
- Relationship issues, including domestic violence and elder abuse
- Life crises
- Adjustment issues
- Trauma
- Family conflict

What can an Accredited Mental Health Social Worker do?

Accredited Mental Health Social Workers are trained to handle the assessment and treatment of psychological disorders.

Under Medicare, Accredited Mental Health Social Workers can deliver Focused Psychological Strategies such as:

- Cognitive behavioural therapy (CBT)
- Cognitive interventions
- Behavioural modifications
- Exposure techniques
- Psychoeducation
- Relaxation strategies
- Motivational interviewing
- Skills training - stress management, social skills, parenting skills, anger management
- Interpersonal therapy
- EMDR therapy
- Narrative therapy

Medicare Registered Providers

AASW Accredited Mental Health Social Workers (AMHSW) are registered providers with Medicare.

Will my information be kept confidential?

Accredited Mental Health Social Workers are bound by a code of ethics, which includes maintaining confidentiality about what you discuss with them. However, there may be exceptional circumstances where an Accredited Mental Health Social Worker may need to discuss your information with others, such as when there is concern about your safety. You can talk to your local Accredited Mental Health Social Worker about the situations in which your information might be shared.

How do I receive a Medicare rebate?

To receive a Medicare rebate:

1. Make an appointment to see your GP, paediatrician or psychiatrist
2. Take this brochure with you and ask your GP for a mental health treatment plan and a referral letter, or
3. If you are being referred by your psychiatrist or paediatrician, just ask for a referral letter.

Next steps?

1. Visit your GP and obtain a mental health treatment plan and referral letter
2. Make a booking online: www.arniecounselling.com Or ring the therapist directly 0494 360 004