Everyone needs a GP

Our aim is to provide you with the best possible care and to do this we will work in partnership with your General Practitioner (GP).

What is a GP?

A general practitioner (GP) is a doctor who looks after a person’s health in the community.

A GP can help you with your physical, mental and emotional health. GPs can help you stay healthy through check-ups, health screening, and early treatment.

Benefits of having a regular GP

You may feel more comfortable talking to a GP you already know and can relate to easily.

Having a regular GP allows them to get to know your medical history, your family’s medical history and helps in getting an overall view of your health.

Many people don’t realise that good physical health is linked with positive mood, lower levels of stress, depression and anxiety, being able to concentrate better and feeling clam and relaxed.

A regular GP can help you take care of your mind and body.

Confidentiality

Information you provide to your GP remains confidential — that is, the GP will not pass on the information unless you agree.

There are exceptions to this — if you are being referred to a specialist or another health service — your GP may provide information as part of the referral.

If the GP believes you are at risk of harming yourself or others, they may disclose information in order to minimize harm. If the patient is a child, the doctor is legally required to do this.

Your GP may ask for your consent to release information to another service provider. Your medical records will be kept at the GP’s office and the GP’s staff are also required to not discuss any information about patients.

What about payment?

Private billing

Some GPs charge a fee for services to patients. Most of the cost of the fee can be claimed back from Medicare. GP’s may discount their fee for patients experiencing financial hardship — explain your situation when you book the appointment.

Bulk billing

Some GPs bulk bill services to patients, which means they claim the fee from Medicare. They will ask you to sign a Medicare form before you leave the surgery.

Health Care Cards

Many GPs will bulk bill patients on Health Care Cards, Veterans Cards or on a pension. If you are in doubt, ask the surgery when you book the appointment.

Make sure that you bring your Medicare Card and any Health Care Cards with you to the appointment. To get a Medicare Card telephone 132 011.
What can a GP help me with?

GP’s can help you with a variety of problems including:

- physical injuries
- mental health
- chronic illnesses like diabetes and asthma
- health check-ups
- stress
- viral illnesses — head colds, flu etc
- illness prevention including pap smears and prostate checks
- emotional issues
- depression and anxiety
- sleep problems
- immunisations
- childhood illnesses
- parenting issues
- and much more!

Some GPs specialise in areas of health such as women’s health and obstetrics, children’s health, or mental health.

Your GP can also provide referrals to specialist services, allied health services and hospital as you need it.

How can I find a GP?

Talk to your mental health worker or ask your family, friends or neighbours to recommend a GP. You can also contact the following to find out about GPs in your local area:

- Yellow Pages under Medical Practitioners
- Some GPs with a particular interest in mental health can be found on the Consenting Practitioner list at [www.beyondblue.org.au](http://www.beyondblue.org.au)

The Divisions of General Practice can also provide information about local GPs:

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<th>GP Partners Adelaide</th>
<th>Healthfirst Network</th>
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<tbody>
<tr>
<td>First Floor, 120 Hutt Street</td>
<td>Building A 91 Hardys Rd</td>
</tr>
<tr>
<td>Adelaide SA 5000</td>
<td>Underdale SA 5032</td>
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<tr>
<td>Telephone: 08 8112 1100</td>
<td>Telephone: 08 8404 3407</td>
</tr>
<tr>
<td>Fax: 08 8227 2220</td>
<td>Fax: 08 8404 3499</td>
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<th>Adelaide Northern Division of General Practice</th>
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<tr>
<td>2 Peacheys Road</td>
<td></td>
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<tr>
<td>Elizabeth West, SA 5113</td>
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<tr>
<td>Telephone: 08 8209 0700</td>
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<tr>
<td>Fax: 08 8252 9433</td>
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<td><a href="http://www.andgp.org.au">www.andgp.org.au</a></td>
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For Country Divisions of GP

Contact: General Practice SA Inc.

| First Floor, 66 Greenhill Road | |
| Wayville SA 5034 | |
| Telephone: 8271 8988 | |
| Fax: 08 8271 8344 | |
| [www.gpsa.org.au](http://www.gpsa.org.au) | |

For more information

Mental Health Directorate
226 Fullarton Road
Glenside SA 5062
Telephone: (08) 8303 1111 (switchboard)