

4. Following the assessment, you and the person who made the request, will receive a letter from the second opinion Psychiatrist that provides their opinion and explains the reasons for it. We recommend that you read this letter with a support person.
5. A copy of the letter is also provided to the usual treating psychiatrist so they can discuss the result with you as well as the person who made the referral or your nominated person.

Once you have the report, we recommend you talk to your treating psychiatrist and treating team about it, even if there are no recommendations for changes. If there are recommendations, your doctor must review them and tell you what he or she will do.

The Second Psychiatric Opinion Service is operated in partnership by Melbourne Health and Monash Health.

If there are changes recommended in the Second Opinion Report and your psychiatrist does not adopt any or all of these, you can apply to the Chief Psychiatrist for a review of your treatment. The Chief Psychiatrist may review your treatment, examine you, access your records and provide a written record of his decision. The Chief Psychiatrist may recommend changes to the treatment and can direct an authorised psychiatrist to make changes to your treatment if necessary.

The Chief Psychiatrist can be contacted on:

- Phone: **1300 767 299**
- Email: ocp@dhhs.vic.gov.au

A support person, IMHA or Victorian Legal Aid can assist you in that process if needed.

Independent Mental Health Advocacy service: 1300 947 820

Victoria Legal Aid: 1300 792 387

Feedback on the Second Psychiatric Opinion Service

If you would like to discuss your experience with the Service, or would like to express compliments or make a complaint, please contact the Clinical Coordinator on 1300 503 426, or via our website or email.



T: 1300 503 426 | F: 03 9342 3081

E: intake@secondopinion.org.au

W: www.secondopinion.org.au

About our Service

General Information about Second Psychiatric Opinions

Second psychiatric opinions can help you to learn more about diagnosis, treatment and possible alternative treatments. A second psychiatric opinion may provide you with some additional information to support participation and help you make decisions about treatment options.

Second psychiatric opinions may be provided by any psychiatrist in a public mental health service or in the private sector. Ask your treating team for more information.

The Second Psychiatric Opinion Service

The Second Psychiatric Opinion Service provides independent second psychiatric opinions to people, who are 'entitled patients' under the Mental Health Act 2014, where an opinion via other means is not available or feasible.

If you are an 'entitled patient', you have a right to seek a second psychiatric opinion at any time, or can ask someone to seek a second opinion on your behalf.

If you are under 16 years of age, or on a guardianship order, then your parent or guardian can apply on your behalf.

If you are under a custodial order or subject to a family reunification order, the Secretary to the Department of Health and Human Services may seek a second psychiatric opinion on your behalf.

An 'entitled patient' is:

- Subject to a Temporary Treatment Order or a Treatment Order;
- A security patient; or
- A forensic patient.

For any queries about eligibility or to request a second psychiatric opinion, please contact us via:

Phone: 1300 503 426

Our **website:**

www.secondopinion.org.au

Or **email:**

intake@secondopinion.org.au

What does our Service provide?

The Service, if you are eligible, can provide a second psychiatric opinion in relation to two specific things:

1. Treatment (including recommending any changes); and/or
2. Whether the criteria for the relevant Order apply to the entitled patient (except for forensic patients who are detained by an order of a court).

The second opinion report is provided in the form of a letter.

Once a request is received, we will:

1. Discuss with you, or the person requesting the opinion, the role of our Service and what you can expect from us. Once eligibility is determined, we will seek your consent to initiate the process and arrange an appointment for you.
2. Request and review health information from your treating service.
3. To provide a second psychiatric opinion, our Psychiatrist will:
 - a. Meet with you for an assessment either via Video conference or face to face depending on your location.
 - b. Seek to talk to your nominated person, guardian, parent if you are under the age of 16 years and carer if the psychiatrist is satisfied that the recommended changes will directly affect your relationship with them.
 - c. Consult your treating psychiatrist and treating team about current treatment; and
 - d. Talk to any other people identified by you, such as a relative or friend.