

REFERRAL INFORMATION

For Mental Health Admission

At Aegis Health, we are committed to delivering high-quality, evidence-based mental health care that supports recovery and promotes wellbeing. Our mission is to provide personalised, whole-person mental health care that is the “Right Care, Right Time, Right Place”. This is through empowering individuals to manage challenges and thrive in the community, ensuring timely access to support and early intervention and offering care through diverse modalities and professionals to suit every stage of the mental health journey. It identifies high-need patients to reduce recurrent admissions and promote long-term recovery through a graduated care pathway offering varied levels of support.

Service Availability

Therapy Programs:

Operating Monday to Friday, 9:00am–4:00pm

Future expansion planned for evenings and weekends based on patient needs

Target Population

Individuals (16 years of age and over) with mild to moderate mental health concerns, such as adjustment disorders, mild to moderate depression or anxiety, stress-related conditions, or those with early intervention needs to manage progressively declining function or mental state.

Inclusion Criteria

- Age 16+
- Stable mental health status
- No imminent risk to self or others
- Able to engage in group therapies
- Suitable for short-term care with post-discharge referral to day patient services
- Fully independent in performing all instrumental activities of daily living (IADLs) without staff intervention

Exclusion Criteria

- Under 16 years of age
- Unable and/or lacking capacity to partake in the identified treatment plan or group therapy
- Requiring high acuity care or involuntary treatment under the Mental Health Act 2014
- Acute phase of illness (or physical illness) requiring a daily / high-level / specialised care and/or intervention(s)
- Severe psychiatric disorders (e.g. active psychosis, schizophrenia or delusional thinking).
- Displaying profound antisocial or unsafe behaviours (to self and/or others)
- Severe cognitive or intellectual impairment
- Primary presenting issue being active substance use or an eating disorder
- Diagnosis of (or suspected) dementia, pseudo dementia, delirium, or cognitive impairment due to age
- Needing physical or supervised assistance for IADLs (e.g. self-care activities, mobility)

Admission Process

Admission to Aegis Health Clinic requires approval from a Specialist Psychiatrist after all referral information is reviewed. If the referral is from a non-specialist, the Psychiatrist may request an outpatient assessment to determine suitability. Please note that the Admission and Care Coordinator works Monday to Fridays (not including public holidays) and will attempt to triage and review all referrals within a timely matter according to priority and risk factors.

Priority Admission for First Responders

Active first responders experiencing mental health crises are prioritised for discreet and rapid access to care. Aegis Health Clinic aim to provide psychiatric review and/or admission within 48 hours of referral, if deemed suitable. First responders transitioning from high acuity care (e.g. ED) may be admitted within 48 hours as a step-down option. If a first responder's condition worsens during admission, Aegis Health will urgently coordinate with statewide bed flow to secure a high acuity bed.

Funding

Patients may be admitted through various funding options including, but not limited to: Australian Defence Force, Department of Veterans Affairs, Workers Compensation, Insurance Commission WA, Department Fire Emergency Services, WA Police Force, Comcare, Private Health Fund or Self-Funded Admission. Cost transparency is ensured through verbal and written communication at every stage of care.