

Dr. Tiana Della-Putta: Mental Health GP

MBBS, FRACGP, Grad.Dip (Psychotherapy),

Counselling and Psychotherapy

Tiana Della-Putta has a general practice background and now works primarily in the area of mental health. Tiana's special interest areas are psychological treatments for depression and anxiety, and psychotherapy/counselling for interpersonal or relationship issues. Tiana sees people 18 years and over.

In addition to general practice qualifications, Tiana has completed a Graduate Diploma in Psychotherapy (psychodynamic psychotherapy) and has had training in Cognitive Behaviour Therapy, Problem Solving Therapy and Mindfulness.

Appointments can be made by telephoning Adelaide Health Care reception on 84100774. Appointments are usually 45-50 minutes duration. As up to one hour is set aside for your appointment, please let the reception staff know as soon as possible if you are unable to keep an appointment time.

What to expect: The first consultation is usually an assessment session aimed at a detailed understanding of the problem(s) you would like to work on. The type of counselling or psychotherapy recommended (e.g. cognitive behaviour therapy, problem solving therapy, psychodynamic psychotherapy, medication) will depend on the nature of the problem(s) and on discussion of your preferences.

Privacy: The privacy policy for Adelaide Health Care can be found at <https://adelaidehealthcare.com.au/privacy-policy/>. Tiana uses the Adelaide Health Care practice computerized medical records and paper records. Please discuss with Tiana any particular privacy concerns.

Fees: If you are eligible for a Mental Health Care Plan (MHCP) there are Medicare subsidies providing less 'out of pocket' expenses for you. MHCP can be discussed with Tiana or your usual GP. You do not need a MHCP to see Tiana. Fees depend on whether you have a Mental Health Care Plan and on the appointment length. Health Care cardholders are charged a reduced gap. (Fees are summarized overleaf).

Urgent mental health problems: Tiana works part-time. At other times, if you are a usual patient of Adelaide Health Care general practice, please contact the receptionists and they will arrange for you to speak to Tiana or to one of the practice doctors. If you are not a usual patient of Adelaide Health Care general practice then Tiana will discuss alternative arrangements with you.

After hours: Call the 24 hour Mental Health Emergency triage service on 13 14 65; your general practitioner's locum service, or attend your nearest hospital.

Any questions? Please do not hesitate to discuss any questions with Tiana or the Adelaide Health Care reception staff.

If you are eligible, Medicare Mental Health Care Plans help reduce your out-of-pocket expenses.

For more information on Mental Health Care Plans ask Tiana or your usual GP

FEES FOR PATIENTS WITH A MENTAL HEALTH PLAN

APPOINTMENT ITEM	FEE	MEDICARE REBATE	GAP
50 minutes (2725)	\$174.85	\$134.85	\$40
30 minutes (2721)	\$119.25	\$94.25	\$25
Mental Health Plan (2717)	\$186.25	\$136.25	\$50
Mental Health Plan Review (2712)	\$102.85	\$72.85	\$30

FEES FOR PATIENTS WITHOUT A MENTAL HEALTH PLAN

APPOINTMENT ITEM	FEE	MEDICARE REBATE	GAP
40-50 minutes (44)	\$173.85	\$108.85	\$65
30 minutes (36)	\$108.95	\$73.95	\$35
Up to 20 minutes (23)	\$63.20	\$38.20	\$25
Couple therapy (170)	\$189.45	\$119.45	\$70

Health Care card holders and self-supporting students will be charged a reduced gap. Please talk to Tiana if you are having difficulties paying the fees.

Please note: Adelaide Health Care requires full payment of fees on the day.