

INFORMATION FOR GP

Mind Medicine Australia is a charity that acts as a nexus for the development of regulated and evidence based psychedelic assisted psychotherapy for the treatment of mental illness in Australia. Our team is backed by experts in science, mental health, policy business and non-profit development. Mind Medicine Australia will help pioneer the next generation of psychedelic assisted treatment by supporting clinical research, therapist training, developing ethical and regulatory frameworks, hosting international conferences and establishing a Centre of Excellence in Psychedelic Medicine.

Our purpose is to reduce mental illness in Australia by addressing the shortfall within mental health treatment.

Mind Medicine Psychological Services aims to provide access to highly qualified allied health professionals and psychotherapists so that people can make safe an informed choices about their emotional health and wellbeing in regards psychedelics and plant medicines.

Services involve assessment, therapy, group work integration, professional education, training and supervision.

REFERRAL DETAILS

Name of MMA Therapist.....
Therapist phone number.....
Fax.....
Email.....
Provider Number/Registration details.....

DONATE TO PSYCHEDELIC RESEARCH, PUBLIC EDUCATION, AND THERAPIST TRAINING

By donating to **Mind Medicine Australia**, you will be helping us to develop a pathway for the use of psychedelic medicines in Australia. You can make a single donation or recurring donations. With your help we can give hope to those who need it most.

Donations can also be made through the Mind Medicine Australia Website.

YOUR INFORMATION

First Name:
Last Name:
Company and role:
Email:
Phone:
State: Postcode:
Visa | Mastercard | American Express | Other:
Amount: \$.....
Per month | Per year | One time
Card number:
Name on card:
Expiration date:.....

For direct deposit, please transfer to:
Mind Medicine Australia
BSB: 063 010 | Account number: 1380 7929
(Please use your full name as a reference)

Would you like to receive the Mind Medicine Australia Newsletter? (research, news, events, and special offers)
Yes | No

PSYCHEDELIC AND PLANT MEDICINE PSYCHOLOGICAL AND INTEGRATION SUPPORT

A New Paradigm for Mental Health



**MIND MEDICINE
A U S T R A L I A**

Phone: (03) 8679 6014

psychologicalsupport@mindmedicineaustralia.org

www.mindmedicineaustralia.org

ABOUT MIND MEDICINE AUSTRALIA PSYCHOLOGICAL SERVICES

Mind Medicine Australia Psychological Services aims to provide access to highly qualified allied health professionals and psychotherapists so that people can make safe and informed choices about their emotional health and wellbeing in regard to psychedelics and plant medicines.

***Disclaimer:** Mind Medicine Australia does not encourage or facilitate illegal use of psychedelics or plant medicines. The MMA team of psychologists and allied health professionals provide psychedelic-aware psychological services to help support the mental health and wellbeing of Australians. We can not put you in touch with people who illegally service psychedelics. We cannot provide therapy to you if you are under the influence of substances unless this is part of a legal clinical pathway.

*Our clinical team has specialised knowledge and training in psychedelics such as Mescaline, LSD, Psilocybin, Ibogaine, DMT and MDMA. If you require psychological support for alcohol, opioids, amphetamines, or addiction please speak to your GP.

WHAT WE OFFER?

- Individual counselling in clinics
- Individual counselling via skype or phone
- Group integration
- Zoom study groups
- Professional consultation
- Training
- Supervision
- Referrals to psychedelic aware GPs

WHO IS ELIGIBLE?

Adults 18 years and over who have used or plan to use psychedelics or plant medicines and would like the opportunity to consult with a professional person.

WHAT TO EXPECT?

Sessions could include the following:

- Supporting spiritual awakening and transformative experiences
- A safe place to share, make meaning and assimilate intense/confusing and/or difficult experiences
- Risk assessment regarding your mental health and psychedelics
- Support integrating transformative or mystical experiences into daily life
- Professional risk assessment and support in navigating suicidal thoughts, painful, frightening or other challenging aspects of mind
- Support to process fear of death and existential anxiety
- An opportunity to unpack conditioning, cultural beliefs, norms and values

INTEGRATIVE THERAPIES

Our therapists are trained in a range of modalities but primarily work with the specific needs of the individual as they emerge.

- Transpersonal Psychology
- Jungian Therapy
- Gestalt Therapy
- Cognitive Behavioural Therapy
- Acceptance and Commitment Therapy
- Mindfulness and Meditation
- Emotion Focused Therapy
- Eye Movement Desensitisation and Reprocessing
- Integrative Therapy

GP REFERRAL

A referral from your GP is required to access services.

REFERRAL PATHWAYS

- Better Access to Mental Health Care Plan via GP referral
- Private Health Insurance
- National Disability Insurance Scheme
- Private payment (with a referral from GP)

STEP 1

Look at the Mind Medicine Australia Psychological Services web page and consider the therapist profiles.

STEP 2

Contact the Mind Medicine Australia Practice Manager at (03) 8679 6014 or psychologicalsupport@mindmedicineaustralia.org to discuss your individual needs and be matched to one of our therapists.

STEP 3

Take this brochure to your GP for a referral or mental health care plan (book a double appointment with your GP).

Give your GP the details of the Mind Medicine Australia therapist.

STEP 4

Contact your Mind Medicine Australia therapist and begin your therapeutic journey.