

Information on Diagnosis and Medication for Mental Health Conditions

All of this information comes from trusted and reliable sources (ie a therapist whom I contacted for the purpose of finding this out).

Who can diagnose you?

The only person who can diagnose you with a mental health condition is a psychiatrist or a clinical psychologist.

How can you get in contact?

You can see your GP or other healthcare provider who can refer you to a psychiatrist or clinical psychologist.

You can be a patient in a mental health unit (eg CAMHS or Rangitahi) and you will talk to a psychiatrist if needed.

You can go to A&E and see the crisis team (if it is an emergency) who will have someone on hand or be able to refer you to someone.

If you see a psychologist (therapist) they can refer you to a psychiatrist.

You can visit Evolve (a youth health service)

Who can provide medication?

If necessary a psychiatrist can prescribe medication to help with a diagnosis.

A GP is also sometimes able to prescribe medication if they feel confident in doing so.

What about parental consent?

It differs between services.

For ACC claims (ie if something happened to cause it) the consent age is 16, prior to that you need parent or guardian permission.

Another thing you have to think about is who's paying for the services.

There are places you can go if you want to access these resources but do not have parental support.

Evolve is a free and confidential youth service, not only for mental health but also LGBT+ services, medical/ physical doctors and sexual health doctors.

Is there financial support?

Some GPs are part of the PHO (Primary Health Organisation) and can provide financial support. If your GP is not part of this organisation, you have the right to change your GP or ask for a referral to a GP who is part of the PHO.