

Cardiac Counselling Clinic

What is the Cardiac Counselling Clinic?

The **Cardiac Counselling Clinic** provides specialist psychological and behavioural support to people with heart disease and their families. Our clients include those who have had acute myocardial infarction (AMI), coronary artery bypass graft surgery (CABGS), spontaneous coronary artery dissection (SCAD), as well as those diagnosed with congenital heart conditions, atrial fibrillation, heart failure and other cardiac conditions. The Cardiac Counselling Clinic is one of the services available through the Australian Centre for Heart Health (ACHH).

The support provided through the Cardiac Counselling Clinic is particularly relevant for those experiencing anxiety, depression, post-traumatic stress, or the cardiac blues, as well as those struggling with lifestyle change after an acute cardiac event. The Clinic provides support through a team of registered psychologists and mental health social workers with extensive experience in cardiac conditions and recovery. Counselling is available Australia-wide via telehealth (video or phone), with face-to-face an option in some locations.

Our clinicians use evidence-based techniques, such as cognitive behaviour therapy (CBT), Acceptance and Commitment Therapy (ACT), schema-focussed therapy, metacognitive therapy, mindfulness-based therapies, motivational interviewing, trauma counselling, and other approaches. Our treatments are informed by the ACHH's own world-leading research and that of other experts in cardiac-related psychological and behavioural support.



How to make a referral

Counselling is accessed through a referral from a general practitioner or medical specialist on a *Mental Health Care Plan* (MHCP), which entitles clients to up to 10 counselling sessions. Clients with a healthcare card are bulkbilled; others will be required to pay a small gap fee.

Please fax client referrals and MHCPs to the ACHH on 03 9445 9296.

If you are referring a client without a MHCP, you can register your client's details on our website at <https://www.australianhearthealth.org.au/clinic-appointment>, phone us on 03 9326 8544 or email us at wellbeing@australianhearthealth.org.au. We can then support them to access a MHCP.

Want more information?

For more details on the Cardiac Counselling Clinic, and our other client services, research program and health professional training, visit our website: www.australianhearthealth.org.au.