



THE UNIVERSITY
OF QUEENSLAND



QUEENSLAND CENTRE FOR INTELLECTUAL AND DEVELOPMENTAL DISABILITY (QCIDD) CLINIC

The University of Queensland

Psychology Services

QCIDD aims to improve the health and wellbeing of Queensland adults with intellectual and developmental disabilities through clinical practice, education and research.

Psychology Services

QCIDD has a part-time Psychologist (Cindy Nicollet) who has a specialist background in this area, including many years working with adults with an intellectual disability and challenging behavior. Cindy provides therapeutic services to adults with an intellectual or developmental disability and mental health symptoms at QCIDD. The service is provided under the Medicare rebated *Better Access to Mental Health Care* initiative at no cost to adults who are eligible under Medicare and provides for up to 10 sessions in a calendar year.

Who is eligible to access the Psychology Services?

A person is eligible to access the Psychology services if:

- They are 17 years of age or older;
- Have good receptive (understanding) skills;
- Have good expressive language skills;
- They experience difficulties with managing anxiety or other mental health symptoms;
- They have an identified support person who can attend each session to assist with practicing strategies between sessions, for the duration of the Psychology service;
- They have been to see their GP who has completed a Mental Health Treatment Plan
- They have not received services from a different psychologist under the Medicare *Better Access to Mental Health Care* initiative in the last calendar year (January – December).

How do I refer to access the Psychology Services?

To access Psychology services through the Medicare initiative, the adult will need to see their GP to complete a Mental Health Treatment Plan. (This may require a longer appointment). Once this is completed, the GP can refer to the Psychologist at QCIDD directly.

QCIDD Details for Psychologist:

Phone Number: (07) 3163 2412

Fax Number: (07) 3163 2445

Email Address: c.nicollet@uq.edu.au

Adopted August 2012