

# ASSESSMENT & DIAGNOSIS



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During a mental health assessment, mental health workers try to understand the problems you're experiencing, and decide if Orygen Youth Health (OYH) is the best place for you to get support, and who else might be involved in your support. After an assessment, you may be linked in for further support at OYH, be helped to link in with other supports, or we may provide assistance to other people who are already in your support network.

Assessment involves asking questions about what's been going on for you and why you think it's happening. We will try to understand how the problem that you're having has been affecting your life (such as, in your relationships, your work or study situation, your family situation or your accommodation and financial situation).

Even though a mental health assessment isn't meant to be scary, we understand that it can make some people nervous. You can bring a friend or family member along to support you during an assessment.

The formal assessment might be one or two initial appointments. However, your treating team will continue "assessing" your mental health and your recovery the whole time that you have contact with OYH.

## DIAGNOSIS

There is a difference between "symptoms" and a "diagnosis". Symptoms are the things that you are experiencing – for example, feeling sad all the time. Diagnosis is the medical label of an illness that has symptoms, for example, Major Depressive Disorder.

During early appointments, you might hear a name, or a few different names, for the problems that you're experiencing. Making a diagnosis is not like getting results from a blood test – it can take time for us to get to know you and to understand your problem. During this time, we will provide treatment for your symptoms to help you feel better.

## ADDITIONAL SPECIALIST ASSESSMENT

A range of different mental health professionals work at OYH, and sometimes, an additional specialist will be involved in your care. Often what is offered is additional assessment, to help your Case Manager and Doctor understand what you're experiencing, and how best to treat it. If your Case Manager refers you for additional assessment, they will talk to you about the reasons for additional assessment, and what the process might be like.



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