

Submission  
No 120

**INQUIRY INTO EQUITY, ACCESSIBILITY AND  
APPROPRIATE DELIVERY OF OUTPATIENT AND  
COMMUNITY MENTAL HEALTH CARE IN NEW SOUTH  
WALES**

**Name:** Name suppressed

**Date Received:** 6 September 2023

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Partially  
Confidential

I've worked for the past 6 years as a clinical psychologist in the public health system. I've worked mostly in outpatient medical psychology but have worked closely with colleagues from community mental health. I've become quite despondent at the very little value NSW Health has begun to place on clinical psychologists and clinical psychology services. Unfortunately due to being a busy new mother I've not had time to write a thorough submission. I've decided to focus on one example. The Anxiety Clinic at Bankstown/SWSLHD was an evidenced based, trauma informed clinic providing specialised, expert care for consumers (including CALD consumers) by a team of wonderful clinical psychologists.

These consumers had complex mental health history usually with a complex trauma history (childhood trauma, war trauma, refugee trauma). It was dismantled I believe back in 2021. This was an incredible service that was on offer to Bankstown LGA consumers (many who can not afford private psychology or aren't deemed "severe" enough to warrant a referral to community mental health service). This is just one example where I feel clinical psychologists and the services we provide are becoming less valued by NSW Health because we "cost too much" and they don't think we can operate effectively if not in a MDT. I implore NSW to consider if they want to be able to offer their citizens best practice care when it comes to their psychological and mental health. Our consumers deserve it.