

What is a Mental Health Nurse Practitioner?

A mental health nurse practitioner (MHNP) is a registered nurse with specialist skills and education that enables them to provide you with quality mental health care.

The expanded skills of a MHNP include:

- ❖ advanced biopsychosocial assessment
- ❖ diagnosis and treatment of health conditions
- ❖ advanced psychotherapeutic skills
- ❖ clinical investigations which can involve ordering and interpreting pathology and other diagnostic tests and assessments
- ❖ prescribing medications, adjustment of your medications, management of side effects and managing discontinuation of medication where required
- ❖ referral to medical specialists
- ❖ sickness certificates

MHNP services can assist you with your recovery goals, support during times of crisis and transition, ensure your physical health issues are assessed and managed alongside your mental health care.

MHNPs are able to offer interventions and support in partnership with your family, significant others and coordination of your health care and wellbeing in the community.

Mental Health Nurse Practitioners are educated at a Master's Degree level with extensive clinical training, endorsed to function autonomously and collaboratively in advanced and extended clinical roles.

Nurse Practitioner is a protected title in legislation, endorsed and regulated by the Nursing and Midwifery Board of Australia, AHPRA.

For more information:

Australian College of Mental Health Nurses www.acmhn.org

Australian College of Nurse Practitioners www.acnp.org.au

Australian Health Practitioner Regulation Agency www.ahpra.gov.au



ACMHN Nurse Practitioner Special Interest Group



Mental Health

Nurse Practitioner

Offering an affordable, quality choice in specialist mental health care in the public, private and primary health care systems

Enhancing Mental Health



MHNPs can improve access to mental health services in private hospitals, your home, health clinics and medical practices, community agencies, schools or the nurse practitioner's private consulting rooms.

Medicare rebates are available when you receive nurse practitioner services outside the public health system.

A MHNP can prescribe your medications under the Pharmaceutical Benefits Scheme (PBS).

