

South Pacific Private is a private mental health hospital on Sydney's Northern Beaches, providing inpatient programs and intensive outpatient day programs for adults experiencing addiction, trauma, anxiety, depression and related mental health conditions. Every referral is assessed individually by our clinical team.

Clients we can help

- Adults seeking treatment for mental health, trauma or substance use concerns
- Clients who are medically and psychiatrically stable enough to participate in a therapeutic group program
- Voluntary clients who are motivated to engage in treatment
- Clients with private health insurance or the means to self-fund (see Funding below)

A note on acute presentations

Clients presenting in acute psychiatric crisis, including active suicidality, involuntary status or acute instability, are not suitable for admission and are best directed to acute or public services in the first instance. Once a client has stabilised, they may become appropriate for our programs, which is often the most useful point for a referral from an emergency or acute setting.

Clients who may not be suitable

The following presentations require further clinical review and may not be offered an admission. Each case is assessed on an individual basis.

Clinical & medical

- Unstable physical condition requiring medical hospitalisation
- BMI under 17 (17 or above with an eating disorder history is reviewed case by case)
- Active eating disorder behaviours (restricting, bingeing or purging)
- Diagnosis of schizophrenia (subject to psychiatrist review, depending on acuity)
- 25 weeks pregnant or more
- Using more than 10ml GHB daily for more than 4 weeks
- On methadone above 30mg per day
- Primary aim of admission is ADHD assessment or diagnosis
- Seeking end-of-life care

Risk, safety & legal

- Actively suicidal (immediate intent)
- Involuntary clients
- Currently homeless
- History of violence
- High-risk or complex forensic issues with ongoing court proceedings
- Low-risk forensic issues with a history of reoffending or an extensive criminal history
- Clients who cannot be bailed to SPP
- Sex offences
- Arson

Funding

Admission can be funded through any of the following pathways. We recommend confirming a client's funding early in the referral conversation.

- Private health insurance with hospital cover
- Department of Veterans' Affairs (DVA)
- National Disability Insurance Scheme (NDIS)
- Workers compensation
- Early release of superannuation
- Out of pocket / self-funded

How to refer

1. A referral from a GP or psychiatrist is required for any admission.
2. Complete the Doctor's Referral Form and email it to intake@southpacificprivate.com.au, or fax it to (02) 9905 9696.
3. Ask the client to phone Intake on 1800 063 332.
4. Intake will discuss the programs and, if suitable, book a complimentary phone assessment (up to 45 minutes).
5. Our clinical team provides a treatment recommendation, which is relayed back to the client.
6. Admission is scheduled as the final step.