

November 2021

Ramsay Clinic Cairns

General Enquiries

T: 07 4050 7000

Triage Nurse

T: 07 4050 7035

Ezifind



Psychiatrist	Special Interests	Contact	
Dr Siva Bala	Forensic & Civil Medicolegal Reports	T: 07 4050 7000 F: 07 4050 7001 E: reception.tcc@ramsayhealth.com.au ramsaymentalhealth.com.au/cairns	Ramsay Clinic Cairns 253 Sheridan Street Cairns QLD 4870
Dr Alice Chang	Adult, Perinatal, Infant, Child & Adolescent Psychiatry	T: 07 4081 3088 F: 07 4027 9667 E: reception@edgehillclinic.com.au www.edgehillclinic.com.au	Edge Hill Clinic 77 Woodward Street Cairns QLD 4870
Dr Jens Gaarslev Clinical Director	General Psychiatry, Personality Disorders, Substance Use Disorders, rTMS	T: 07 4050 7090 F: 07 4050 7026 E: admin@qldtms.com qldtms.com	QueenslandTMS C/o Ramsay Clinic Cairns 253 Sheridan Street Cairns QLD 4870
Dr Christine Kilcawley	General, Infant, Child & Adolescent Psychiatry and Family Therapy	T: 07 4050 7000 F: 07 4050 7001 E: reception.tcc@ramsayhealth.com.au ramsaymentalhealth.com.au/cairns	Ramsay Clinic Cairns 253 Sheridan Street Cairns QLD 4870
Dr Claire King	Substance Use Disorder & Behavioural Addiction, OCD, PTSD, Bipolar Affective Disorder, Schizophrenia, Adult ADHD, Personality Disorders, Anxiety & Depression, rTMS	T: 07 4050 7090 F: 07 4050 7026 E: admin@qldtms.com qldtms.com	QueenslandTMS C/o Ramsay Clinic Cairns 253 Sheridan Street Cairns QLD 4870
Dr Neva Shebini	General Psychiatry, PTSD	T: 07 4281 6834 F: 07 4281 6835 E: admin@peaceofmindservices.com.au	Peace of Mind Suite 3, 17 Veivers Road Palm Cove QLD 4879
Dr Praveen Sukumaran	Mood, Anxiety & Substance Use Disorders	T: 07 4050 7000 F: 07 4050 7001 E: reception.tcc@ramsayhealth.com.au ramsaymentalhealth.com.au/cairns	Ramsay Clinic Cairns 253 Sheridan Street Cairns QLD 4870
Dr Paul Trott	General Psychiatry, Mood Disorders, Treatment Refractory Depressive Disorders, Anxiety Disorders, PTSD, Chronic Pain Disorders	T: 07 4031 0419 F: 07 4031 0489 E: admin@brightonclinic.com.au	Brighton Clinic Level 2, Unit 4/26 Florence Street Cairns QLD 4870



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People caring for people



**Ramsay
Mental Health**

Thinking Mental Health? Think Ramsay Clinic Cairns



Ramsay Clinic Cairns

Ramsay Clinic Cairns is a private 30-bed voluntary mental health facility with day services and onsite consulting suites. The facility embodies the latest in day program delivery, therapy and nutrition, and supports an approach to health by offering wellrounded programs addressing medical, psychological, psychosocial, recreational, physical and diversional interventions. For more information regarding an inpatient admission or day patient referral, contact our Triage Nurse on 07 4050 7035.

Private Health Insurance waiting period exemption for psychiatric care benefits

The Federal Government's private health insurance reforms now allows eligible consumers an instant policy upgrade to cover a private psychiatric hospital admission without serving a waiting period*. The changes, which make it easier for policyholders to access mental health services when they need it, came into effect on 1 April 2018. *More information can be found at www.health.gov.au

Services available at Ramsay Clinic Cairns

- Inpatient mental health programs for a range of mood and anxiety disorders and addiction management (combination of 1-1 with clinician & group therapy format)
- Outpatient day programs for non-acute mental health disorders, managed in the community (group therapy format)
- GP assessment
- ECT (Electroconvulsive Therapy)
- rTMS (Repetitive Transcranial Magnetic Stimulation)
- Intake/triage
- Discharge planning
- Access to a team of highly qualified Psychiatrists, Psychologists, Mental Health Nurses and Allied Health Professionals

Repetitive Transcranial Magnetic Stimulation (rTMS) now available at Ramsay Clinic Cairns

Ramsay Clinic Cairns has introduced Repetitive Transcranial Magnetic Stimulation (rTMS). rTMS is a non-invasive procedure that uses magnetic fields to stimulate nerve cells in the brain to improve symptoms of depression. Depression is a treatable condition, but for some people, standard treatments such as medications and talk therapy (psychotherapy) are not effective. rTMS is typically used for patients who do not satisfactorily respond to standard treatments. The aim of rTMS treatment is to lift a patient's mood. With an improvement in mood there is often an associated improvement in sleep, appetite, energy, concentration and a decrease in negative thoughts. Unlike other treatments, rTMS does not require anesthesia or sedation. It is performed while the patient is awake and fully conscious and patients feel minimal discomfort.



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