

July 2023

# Ramsay Clinic Cairns

# Ezifind

## General Enquiries

T: 07 4050 7000

## Triage Nurse

T: 07 4050 7035



to view full specialist profiles



## PSYCHIATRIST



### Dr Jens Gaarslev

Clinical Director  
QueenslandTMS  
242-246 McLeod Street  
Cairns North QLD 4870  
**P: 07 4050 7090**  
F: 07 4050 7026  
E: admin@qldtms.com  
W: qldtms.com  
General Psychiatry, Personality Disorders, Substance Use Disorders, rTMS



### Dr Claire King

QueenslandTMS  
242-246 McLeod Street  
Cairns North QLD 4870  
**P: 07 4050 7090**  
F: 07 4050 7026  
E: admin@qldtms.com  
W: qldtms.com  
Adult ADHD, Anxiety & Depression, Bipolar Affective Disorder, OCD, Personality Disorders, PTSD, Substance Use Disorder & Behavioural Addiction, Schizophrenia, rTMS



### Dr Zoran Radovic

Ramsay Clinic Cairns  
253 Sheridan Street  
Cairns QLD 4870  
**P: 07 4050 7000**  
F: 07 4050 7001  
E: reception.tcc@ramsayhealth.com.au  
W: ramsaymentalhealth.com.au/cairns  
ECT, General Adult Psychiatry, Mood Disorders, PTSD, Psychotherapy



### Dr Christine Kilcawley

Ramsay Clinic Cairns  
253 Sheridan Street  
Cairns QLD 4870  
**P: 07 4050 7000**  
F: 07 4050 7001  
E: reception.tcc@ramsayhealth.com.au  
W: ramsaymentalhealth.com.au/cairns  
Child & Adolescent Psychiatry, General and Family Therapy, Infant



### Dr Praveen Sukumaran

Ramsay Clinic Cairns  
253 Sheridan Street  
Cairns QLD 4870  
**P: 07 4050 7000**  
F: 07 4050 7001  
E: reception.tcc@ramsayhealth.com.au  
W: ramsaymentalhealth.com.au/cairns  
Anxiety & Substance Use Disorders, Mood



### Dr Alice Chang

Edge Hill Clinic  
77 Woodward Street  
Cairns QLD 4870  
**P: 07 4081 3088**  
F: 07 4027 9667  
E: reception@edgehillclinic.com.au  
W: edgehillclinic.com.au  
Adult, Child & Adolescent Psychiatry, Infant, Perinatal



### Dr Siva Bala

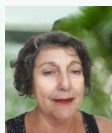
Ramsay Clinic Cairns  
253 Sheridan Street  
Cairns QLD 4870  
**P: 07 4050 7000**  
F: 07 4050 7001  
E: reception.tcc@ramsayhealth.com.au  
W: ramsaymentalhealth.com.au/cairns  
Forensic & Civil Medicolegal Reports

Our team at Ramsay Psychology Cairns is made up of degree-qualified psychologists, who are registered with APHRA and offer a wide range of evidence-based therapies. Face-to-face and telehealth (web-based video) appointments are available

## PSYCHOLOGIST



**Simone Fischer**  
Registered Psychologist



**Sari Szekely**  
Registered Psychologist



**Jodi Nilsson**  
Clinical Psychologist



**Hugh Woolford**  
Clinical Psychologist



**Ashley Ristanto**  
Clinical Psychologist Registrar



**Bernadette Rogerson**  
Clinical Psychologist Registrar

### Ramsay Psychology Cairns

220 McLeod St  
Cairns QLD 4870  
P: 07 3516 8400  
F: 1300 171 786  
E: enquiries@ramsaypsychology.com.au  
W: ramsaymentalhealth.com.au

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](http://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 - performed at Cairns Private Hospital)
- 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
- Day Programs - to help maintain mental health Ramsay Clinic Cairns offers structured, therapeutic group-based day programs that focus on building life skills, managing symptoms and preventing relapse.  
Day Programs include:
  - Managing Anxiety
  - Managing Mood
  - Managing Mood with Art
  - Relapse Prevention

### Repetitive Transcranial Magnetic Stimulation (rTMS) now available at Ramsay Clinic Cairns via QueenslandTMS.

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 anaesthesia or sedation. It is performed while the patient is awake and fully conscious and patients feel minimal discomfort.



### Ramsay Clinic Cairns

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[ramsaymentalhealth.com.au/cairns](http://ramsaymentalhealth.com.au/cairns)



Ramsay  
Mental Health