

February 2023

Psychiatrists Consulting and  
Admitting to Mitcham  
Private Hospital

Adult Mental Health Admission/Enquiries  
Ph: 03 9210 3155 Fax: 03 9210 3225

Perinatal Mental Health Enquiries/Admission  
Ph: 03 9210 3383 Fax: 03 9210 3166

24 hrs/7 days a week

Referral forms available online [ramsaymentalhealth.com.au/mitcham](https://ramsaymentalhealth.com.au/mitcham)

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33 Doncaster East Road, Mitcham VIC 3132 [ramsaymentalhealth.com.au/mitcham](https://ramsaymentalhealth.com.au/mitcham)

Languages spoken

Si	Sinhalese	T	Tamil	Ko	Konkani
Ma	Malayalam	H	Hungarian	Hi	Hindi
R	Russian	R	Romanian	Te	Telugu
Mal	Malay	K	Kannada	<b>Female F</b>	

- General Adult Psychiatry
- Adult ADHD
- Anxiety Disorders
- Consultation Liaison Psychiatry
- Dissociative Disorder
- Family/Couple Therapy
- GP Management Item 291
- Medico Legal Reports
- Mod Disorders
- Pain Management
- Parent and Infant
- Personality Disorders
- Perinatal
- Psychotherapy
- Psychosis
- Second Opinions
- Trauma/PTSD
- Workcover/TAC
- Dementia

Whitehorse Specialist Group 10 William Street Mitcham VIC 3132 Ph: 03 8813 0582 Fax: 03 8806 4348																				
Dr Chintanie De Silva F (Si)		✓	✓	✓	✓	✓			✓		✓		✓	✓		✓		✓	✓	
33 Doncaster East Road, Mitcham VIC 3132 Ph: 03 9210 3353 Fax: 03 9872 5964																				
Dr Anjith Divakaran (Hi, Ma)		✓	✓	✓	✓	✓	✓		✓		✓			✓	✓	✓		✓		✓
Dr Ganesan Duraiswamy (T, K)		✓	✓	✓	✓	✓			✓		✓		✓	✓	✓	✓	✓			
Dr Naomi Elliot F		✓			✓	✓			✓		✓	✓	✓		✓	✓	✓		✓	
Dr Ruvanya Illesinghe F		✓			✓				✓		✓			✓			✓		✓	
Dr Jessica Kuc F		✓			✓				✓		✓		✓	✓	✓					
Dr Raju Lakshmana (Hi, K, Te)		✓				✓			✓				✓				✓			
Dr Lochanie Fonseka F		✓	✓	✓	✓	✓			✓		✓			✓	✓		✓		✓	✓
Dr Hiranthi Perera F		✓			✓				✓		✓			✓	✓	✓	✓		✓	
Dr Anupam Pokharel		✓			✓	✓			✓		✓	✓	✓	✓		✓	✓	✓	✓	
Dr Arun Subramaniam (Mal, T)		✓		✓	✓	✓					✓		✓	✓		✓		✓		
Dr Duncan Taylor		✓			✓			✓	✓		✓	✓			✓	✓	✓	✓		
Dr Krisztina Tibad F (H,R)		✓		✓	✓				✓		✓			✓	✓			✓	✓	
Dr Kwong Yeang		✓			✓				✓		✓			✓	✓			✓	✓	
Dr Amit Zutshi		✓	✓		✓				✓		✓					✓	✓			



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# Mental Health Services

available at Mitcham Private Hospital

33 Doncaster East Road, Mitcham VIC 3132 [ramsaymentalhealth.com.au/mitcham](http://ramsaymentalhealth.com.au/mitcham)

## Adult Mental Health Unit

Ramsay Clinic Mitcham, a 21 bed acute adult mental health unit, specifically designed to treat patients with a range of mental health concerns including;

- Mood and Anxiety Disorders
- Psychosis
- Personality disorders
- Trauma/Post Traumatic Stress Disorders
- Dissociative Disorder
- Pain management

## Group therapy

Our comprehensive group therapy program is a goal focused approach to wellness which enables the patient and the treating team to identify and streamline an individual care pathway that best suits the patient.

Common goals identified include;

- Anxiety Management
- Self-Awareness
- Communication skills
- Relationship Improvement
- Self efficiency

## Community Outreach Program

Provides mental health treatment and therapeutic support to enable individuals to recover, develop coping strategies and maintain wellness. The program seeks to minimise the disruption that can occur in a person's day to day living by reducing the length and frequency of hospital stays and providing recovery focused community care and is only available to patients already accessing the in-patient service.

## Perinatal Mental Health

Provides specialised care for mothers experiencing perinatal depression, anxiety and other related conditions. Mothers can be admitted with their babies up to the age of 12 months.

Having to deal with so many changes during pregnancy and the year following birth can place some women at risk of developing or having an exacerbation of an existing mental health condition including:

- Depression
- Mood and anxiety disorders
- Stress and Grief
- Bipolar Disorders
- Schizophrenia
- Post Traumatic Stress Disorders
- Medication Changes

Our service offers a comprehensive range of care including quick assessments (including telehealth option), consultation liaison and referral to outreach, day programs and Mother Baby unit.

33 Doncaster East Road

Mitcham, VIC 3132

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



Ramsay  
Mental Health