

Nepean Blue Mountains PHN Telepsychiatry Service



Do you support someone who would benefit from seeing a Psychiatrist?

Free telehealth psychiatry consultations for people living in the Blue Mountains, Hawkesbury, Lithgow and Penrith regions living with complex mental illness.

We work with GPs to build a personalised care team, ensuring your patient receives the best possible treatment, enhancing care and support.

Accepting Referrals Today

Through the Telepsychiatry Service, Dokotela offers free psychiatry consultations via telehealth for eligible patients who:

- Experience mental illness
- Are 8+ years old
- Live in Blue Mountains, Hawkesbury, Lithgow, or Penrith
- Hold a Centrelink-issued healthcare, family healthcare, or pension card (exceptions for Aboriginal and Torres Strait Islander populations)
- Are not engaged with public psychiatry services

Note: Starting 1 July 2025, this program will no longer cover neurodevelopmental assessments or treatment, including ADHD.

Consultations are available via video conference from:

- Your practice (MBS incentive items available for practice nurses)
- A support person's office
- Telehealth Hub at Penrith Women's Health Centre
- Patient's or support person's home

How to Refer to the Telepsychiatry Service

1. Call 1800 223 365 (NBM PHN Intake Line) to get a unique referral no.
2. Complete the provided referral form
3. Send the referral via Fax: (02) 8569 1844 or HealthLink EDI: Dokotela.

Want to find out more about the program?

Scan the QR code

