


# Telehealth Psychiatry Service

Delivered by Dokotela – Funded by Central and Eastern Sydney PHN

**Do you support an older person who would benefit from seeing a psychiatrist?**

**Free** consultations for people living in Central and Eastern Sydney that face economic or other barriers to accessing a private psychiatrist. **Short wait times** for appointments that are easily accessed direct from a residential aged care facility or from home.



To find out how you can  
access this free service  
email  
[cesphn@dokotela.com.au](mailto:cesphn@dokotela.com.au)  
for more information

[Click here](#) or visit [bit.ly/CESDokotela](https://bit.ly/CESDokotela) to make a referral to the Telehealth Psychiatry Service

Email enquiries to [cesphn@dokotela.com.au](mailto:cesphn@dokotela.com.au) or visit [www.dokotela.com.au](https://www.dokotela.com.au) for more information



## When is a referral to a psychiatrist helpful for an older person?

- If you notice a change in sleeping habits
- If you notice a change in daily patterns that are unusual or concerning
- If you notice new behavioural challenges
- For low mood, depression or anxiety, or treatment resistant depression or anxiety
- If implementing significant medication changes
- If concerned about potential drug interactions

[Click here](#) or visit [bit.ly/CESDokotela](https://bit.ly/CESDokotela) to make a referral to the Telehealth Psychiatry Service

Email enquiries to [cesphn@dokotela.com.au](mailto:cesphn@dokotela.com.au) or visit [www.dokotela.com.au](https://www.dokotela.com.au) for more information