

Nepean Blue Mountains PHN Telepsychiatry Service



Are you considering 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 your GP to build a personalised care team, ensuring you receive the best possible treatment, enhancing your care and support.

Receive expert care from a team of psychiatrists who are able to treat a broad spectrum of mental illnesses.

Appointments Available Today

Through the Telepsychiatry Service, Dokotela provides access to free psychiatry consultations for people who:

- Experience mental illness
- Aged 8yrs+
- Live within the Blue Mountains, Hawkesbury, Lithgow or Penrith regions
- Hold a Centrelink issued healthcare card, family healthcare card or pension card (exceptions apply for Aboriginal and Torres Strait Islander populations)
- Are not currently engaged with public psychiatry service

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

The service is delivered via video conference from:

- GP practices located in the Blue Mountains, Hawkesbury, Lithgow and Penrith regions
- The office of another clinician in the region who you are engaged with (e.g. a support worker, psychologist or mental health nurse)
- Telehealth Hub located at Penrith Women's Health Centre
- Your own or a support person's home

**Your GP can make a referral by contacting
NBMPHN intake on 1800 223 365**

Want to find out how we can support you?

Scan the QR code for more information

