



Counselling, medication advice & social support for patients experiencing:

- Long-term major mental illness
- Substance abuse disorders
- Psychotic and chronic illnesses
- Post-Traumatic Stress Disorder (PTSD)
- Depression, anxiety and stress
- Relationship and family breakdown

Are you ready to work together?

Call 0466 945 700

info@optimalhealth.com
optimalhealth.com.au

Locations

Although I work across Melbourne, most of my patients are based in:

- Hume
- Darebin
- Melton
- Moreland
- Macedon Ranges
- Moorabool

Funding

Some patients are eligible for mental health intervention under the Primary Health Network (PHN).

I also offer both self-managed and plan-managed funding under the NDIS.

If patients have private health insurance, they may also be able to claim for my services with little or no gap.

Your partner in mental health and drug & alcohol support

Let me help your patients on the prosperous road to recovery.



Offering the best of both worlds – and more

As a GP, your patients rely on you to find the right mental healthcare provider.

So as a psychiatric nurse and case manager, I can help you and your patients from all angles:

- Affordable long-term counselling – both on and offsite
- Medication recommendations and monitoring
- Mental health monitoring and relapse indicator
- Collaborative recovery plans
- Linkages to psychosocial supports and services
- Partner with a psychiatrist and nurse practitioner.



The holistic approach you and your patients deserve

Mental health care plan support & advice

From the start, I am here to work with you and your patient – as your mental health and drug & alcohol clinician.

That's why I make myself available to come onsite to help you draw up mental health care plans for complex cases. It's all about ensuring your patients get the collaborative and holistic care they need.

Flexible & affordable counselling support

I can meet with your patients regularly for both short- and long-term counselling support. A more affordable option, I provide a safe and confidential space for them to share their feelings and work through their challenges.

And I'm very flexible. I can visit them at your clinic, their private home (provided it's low risk) – or at my office.

Medication recommendations & monitoring

As psychiatric nurse, I can recommend medications, suggest revisions and monitor responses. What's more, I have had extensive experience supporting highly complex cases and acute conditions.

This means we can work together to ensure your patients receive the right long-term treatment – under our combined, collaborative care.

Social services & support

I know that counselling and medication are just two pieces of the mental health puzzle.

That's why I also support my patients with all other key aspects of their lives – including their relationships, housing, physical health, employment, legal matters and more.

By linking them to critical social and community services, I give them the best chance of long-term health and recovery.

About Joseph Niroshkumar

Qualifications & accreditations

As a psychiatric nurse since 2009, I have a deep expertise and broad skillset:

- Diploma in Nursing, Mental Health (University of Greenwich, 2009)
- Masters of Mental Health Nursing (RMIT, 2020)
- Credential Mental Health Nurse (Australian College of Mental Health Nurses, 2016)
- Certificate in Cognitive Behaviour Therapy & REBT (CBT Australia, 2014)
- Training and Certification in Acceptance & Commitment Therapy & Schema Therapy.



Mental healthcare experience

I've had extensive experience in both the private and public sectors – including CAT and triage teams and in acute and subacute environments at the following:

- Eastern Health
- Melbourne Assessment Prison
- Melbourne Health
- Epworth Mental Health Unit
- CO Health
- Eastern Access Community Health
- Ambulance Victoria
- Austin Health
- CRISIS team Kent & Medway
- Austin Health, Alfred Nurse Banking & Nursing Agencies