



When to Refer to a Psychiatrist

A Referral Guide for Mental Health Clinicians

SIGNS YOUR CLIENT MAY NEED A REFERRAL

- Tried 2 or more antidepressants without adequate relief
- Felt improvement initially but symptoms returned over time
- Experiencing significant side effects limiting medication use
- Emotionally flat or numb despite being on medication
- Difficulty functioning at work, in relationships, or daily life
- Active thoughts of hopelessness or self-harm
- Co-occurring ADHD, PTSD, bipolar II, or hormonal factors
- Has never had a full psychiatric evaluation

WHAT IS TREATMENT-RESISTANT DEPRESSION (TRD)?

TRD is clinically defined as depression that has not responded adequately to at least two different antidepressant treatments at appropriate doses and duration. It affects approximately 1 in 3 people with major depressive disorder. It is not a personal failure - it is a neurological challenge that requires a different clinical approach.

TMS THERAPY

- FDA-CLEARED for TRD Non-invasive, no medication 20-
- 20-40 min sessions per visit
- 36 sessions over 9 weeks
- Patients drive themselves
- Covered by major insurance
- 60-70% see symptom relief

SPRAVATO

- FDA-APPROVED for TRD
- Only approved nasal spray for TRD
- Administered in-office
- Relief possible within hours
- Targets glutamate system
- Covered by major insurance

IV KETAMINE

- Fast-acting infusion therapy
- Targets glutamate system For
- complex TRD cases
- Administered in-office
- Ideal for ketamine-assisted therapy coordination

KETAMINE-ASSISTED THERAPY COORDINATION

If your client is planning ketamine-assisted therapy, we coordinate directly with referring therapists and provide IV Ketamine. Collaborative care leads to better outcomes. We welcome therapist involvement throughout the treatment process.

OUR REFERRAL PROCESS

- 1 Contact us directly**
Call, email, or have your client book online at GBHPsych.com
- 2 Comprehensive evaluation**
We conduct a full psychiatric evaluation to determine the best treatment path
- 3 Collaborative care**
We communicate with referring therapists and coordinate care throughout treatment
- 4 Insurance verification**
We handle prior authorization for TMS and SPRAVATO on the patient's behalf



Ready to refer or have questions?

GBHPsych.com | (678) 829-5758 | trd@gbhpsych.com

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