Psychiatric Services

Thank you for considering psychiatric services at Central Health. Below is helpful information about our services. If you'd like to know more, contact us at the number below. We are here to support you.

About psychiatrists

A psychiatrist is a medical doctor who specializes in mental health. They can help if you are feeling anxious, depressed, or not yourself. They can also help if you are experiencing significant life changes or need to restart mental health medications that have worked for you in the past.



What to expect

- **First appointment**: Your psychiatrist will ask questions to understand your needs better. They may also suggest lab tests, take your blood pressure and weight, or complete screening forms to ensure no medical factors are affecting your mental health.
- **Creating a plan**: Together, you and your psychiatrist will create a tailored treatment plan, which may include medications.
- **Supportive care**: Your psychiatrist's role is to guide and support you in achieving your mental health goals.
- **Privacy**: Your discussions remain confidential, except in cases where safety is a concern. Feel free to ask your psychiatrist any questions during your sessions.

Length and frequency of visits

- **First visit:** Typically lasts about one hour.
- **Follow-up visits:** Usually 30 minutes, though they may extend to an hour if necessary.
- **Scheduling:** You and your psychiatrist will decide how often to meet.
- **Duration of care:** This will depend on your individual needs and progress.

For more information or to schedule an appointment, call 512.978.8130. Central Health can provide transportation assistance if you need it—just let them know when you call.

Important Note: If you've seen a psychiatrist outside of Central Health within the last six months, we recommend continuing with them if possible. Should you prefer a Central Health psychiatrist, please inform your referring provider so they can coordinate your care.

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CENTRAL HEALTH
TRAVIS COUNTY HOSPITAL DISTRICT