



TREATMENT-RESISTANT DEPRESSION (TRD)

Novel Treatment gives new hope for recovery from treatment-resistant depression.



COMPREHENSIVE CARE FOR TREATMENT-RESISTANT DEPRESSION (TRD)



Still feeling stuck despite trying multiple antidepressants?

If your depression hasn't improved with standard medications or therapy, you may be experiencing **Treatment-Resistant Depression (TRD)**. At **Mind Oasis Clinic**, we offer an **integrated, specialist-led approach** designed to help you rediscover relief.

What Is Treatment-Resistant Depression?

TRD is a type of major depressive disorder that **does not respond** adequately to at least **two different antidepressants** taken at therapeutic doses. It's more common than many realise, and it's treatable with the right care.

People with TRD may:

- Continue to feel low, disconnected, or fatigued
- Experience ongoing difficulty with motivation or sleep
- Feel discouraged by multiple failed treatments

OUR COMPREHENSIVE APPROACH



At Mind Oasis Clinic, we go beyond isolated treatments. Our team of **highly experienced Consultant Psychiatrists** conducts **thorough 50-minute psychiatric assessments** to uncover all contributing factors—biological, psychological, and social.

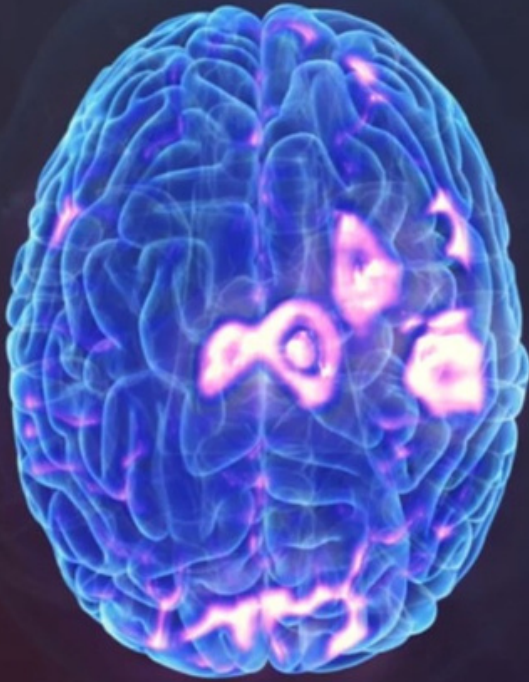


Your treatment plan may include:

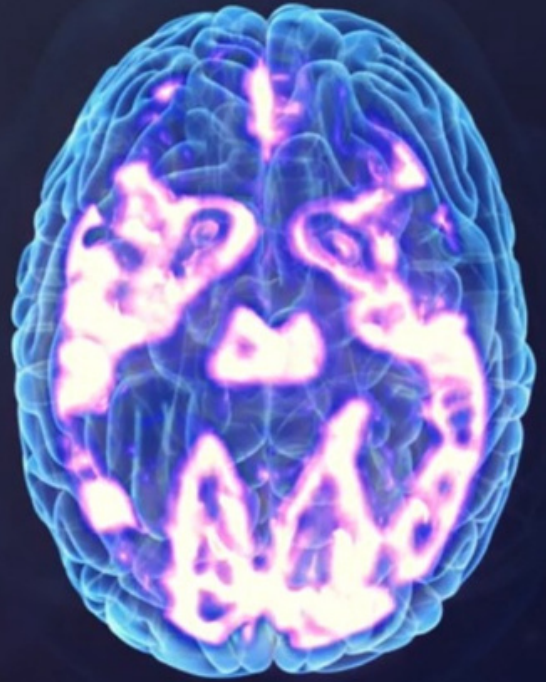
- **Psychiatric Evaluation & Diagnosis**
- **Optimisation of Psychotropic Medications**
 - Antidepressants
 - Mood stabilisers
 - Augmentation strategies
- **Psychological Interventions**
 - Cognitive behavioural therapy (CBT)
 - Mindfulness and coping skills training
- **Neuromodulation Therapies**
 - **TMS (Transcranial Magnetic Stimulation)**
 - **Esketamine (Spravato) Nasal Spray Treatment**

If you are referred specifically for TMS or Esketamine by another psychiatrist, your consultation will be a focused **30-minute** session for treatment suitability assessment.

TMS: TRANSCRANIAL MAGNETIC STIMULATION



D e p r e s s e d



A f t e r T M S

TMS can be effective even if patients have failed to respond to antidepressant medications. Unlike other treatments, such as electroconvulsive therapy (ECT), TMS does not cause cognitive side effects or memory problems. No anesthesia or sedation is used, so patients can drive themselves to and from treatment and even go back to work or school right after a treatment. There is no need to disrupt the usual routine. A non-invasive, drug-free brain stimulation technique that uses **magnetic pulses** to activate mood-related brain circuits.

Why Patients Choose TMS:

- **Highly Effective:** Up to 75% of patients show improvement—even after multiple failed medications
- **No Systemic Side Effects:** No weight gain, sexual issues, or sedation
- **No Downtime:** Return to daily activities immediately
- **Medicare-Supported:** Rebates available for eligible patients (up to 35 sessions)

TMS SUMMARY



TREATMENT OVERVIEW

- 25–35 sessions, 3 times per week over 9–12 weeks
- Each session lasts 30–50 minutes
- Safe, well-tolerated, and clinically proven



ESKETAMINE (SPRAVATO) NASAL SPRAY TREATMENT



A breakthrough treatment for TRD, Esketamine works via the NMDA receptor a novel pathway compared to traditional antidepressants.

What Makes Esketamine Different?

- Fast-Acting: Can begin to relieve symptoms within hours to days
- PBS-Subsidised: \$31.60/month for eligible patients
- Strictly Supervised: In-clinic administration only, with 2-hour post-dose monitoring



TREATMENT PROTOCOL



- **Induction Phase:**

2 sessions per week for 4 weeks

- **Maintenance Phase:**

Weekly or fortnightly sessions for 2 months, taper off with psychiatric reviews

- **Eligibility:**

Adults with confirmed TRD and no history of psychosis or uncontrolled medical issues



FEES & REBATES



INITIAL PSYCHIATRIC ASSESSMENT

- **With prior psychiatric assessment and TRD referral:**
 - \$410 - \$480 (Medicare rebate: \$134.00)
- **Without prior psychiatric assessment:**
 - \$920 - \$1,080 (Medicare rebate: \$262.10)

TMS:

- Titration: \$250 per session (Medicare rebate: \$173.50)
- **Treatment Sessions:** \$200 per session (Medicare rebate: \$143.90)

ESKETAMINE:

- **Treatment:** \$300
- **Medication:** \$31.60 per 4-week PBS script

If you reach the Medicare Safety Nets threshold in a calendar year, Medicare will pay a higher benefit for out-of-pocket medical expenses for the rest of that year.

Interested in TMS or Esketamine Therapy for TRD?



If you or your patient has not responded to at least two antidepressants, advanced therapies such as Transcranial Magnetic Stimulation (TMS) or esketamine may be appropriate options.





FOR GP AND MEDICAL PROFESSIONALS: HOW TO REFER

To refer a patient for assessment and potential eligibility for TMS or esketamine therapy:

 Email the referral to: trd@mindoasis.com.au

-  **Referrals should include:**
- A brief clinical history
 - Past treatment trials
 - Current medications
 - Relevant psychiatric and medical background
 - A confirmed diagnosis of Treatment-Resistant Depression



FOR PATIENTS

If you're living with treatment-resistant depression:

- Speak with your GP or psychiatrist and request a referral.
- Your doctor can email the referral to trd@mindoasis.com.au.
- Our team will contact you to book a free 15-minute phone consultation with our clinic nurse to guide you through the next steps.





CONTACT US

Have questions or want to learn more about
TMS and esketamine therapy?
We're here to help.



Phone:

1300 680 000



Website:

mindooasis.com.au/treatment-resistant-depression



Referrals:

trd@mindooasis.com.au



Follow us

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Mon – Fri: 9:00am to 5:00pm | Sat, Sun &
Public Holiday: Closed