



## Client Information

Welcome to our service, where we prioritise an individualised approach right from the start. Our goal is to understand you and your vision for the next steps in your recovery journey. Below you will find key information to ensure a smooth experience with us:

### Appointments

We offer a range of services tailored to meet diverse needs, including:

- **GP-led mental health consulting services** that include physical workup alongside the clients' regular care team as needed, and collaboration with our multidisciplinary and interdisciplinary in-house team and external services according to an individualised plan.
- **Psychoeducation services** focusing on depression recovery, the pillars of well-being, and client-centred lifestyle goals.
- **Individualised brain reports** based on EEG (Electroencephalogram) recordings to assist in the planning and organisation of your individual care plan.
- **Individualised MeRT/TMS** (Transcranial Magnetic Stimulation) treatment lasting six to eight weeks, which includes EEG monitoring, comprehensive brain reports, and clinical reviews to assess treatment response. Treatment response is monitored closely, and changes are made according to brain reports (EEG). Referral from a psychiatrist is required.

### Facilities & Amenities

- **Parking:** Free parking is available at the shopping centre located behind the Cottesloe Central Shopping Centre.
- **Train:** only a five-minute walk from the clinic.
- **Toilets:** Access to toilets is provided inside the shopping centre.
- **Body Fuel:** For refreshments before or after your appointment, outdoor seating is available at Caffisimo Café next door. Enjoy the sunshine while you wait.

### Fees

- For a detailed overview of our service fees, please visit our Healthengine booking site or contact us by email at [contact@neurooptimize.au](mailto:contact@neurooptimize.au), or by phone at 0491 279 089.

### Booking options

- You can book your initial appointment via Healthengine, by email at [contact@neurooptimize.au](mailto:contact@neurooptimize.au), or by phone at 0491 279 089.

Scan to book



We look forward to assisting you on your health and your future.



## Your MeRT treatment journey could look like this:

Is all about you, your health and your future – because life quality matters

