

DR JESSICA FORREST

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Welcome!

My name is Dr Jessica Forrest and I am a Consultant Psychiatrist. I would love to support you, or your child, on your journey to improved mental health. I provide autism and ADHD assessments, as well as general assessments. I have limited availability to take on new patients for long term follow up and I will most likely offer a '291' (once off, detailed assessment) if your enquiry is not about autism or ADHD.

My fees (as of 1st January 2026) can be found below. The specific pathway and process may change on a case-by-case basis.

If you have any questions, please contact reception on 03 9958 9897 or reception@stationstreetclinic.com.

ADHD Assessment

- 2-3 sessions specifically assessing for the presence of ADHD, taking place over approx 8 weeks.
- Available for individuals aged 6 – 65.
- Other conditions can cause ADHD-like symptoms, such as depression, anxiety, trauma, obsessive compulsive disorder. The assessment will also explore for the presence of any of these.
- Sessions 1 and 2 focus on understanding your difficulties across your life.
- Session 2 requires information from a family member or close friend (via phone or in person). At the end of the session, feedback of the results of the assessment will be provided.
- If Session 3 is required (ADHD Option 1) this may involve medication prescription and education.
- Please bring any school reports if you have them.
- Following the sessions, a detailed report will be provided for your records.

ADHD Option 1: You require or prefer Dr Forrest to prescribe and monitor ADHD medication on an ongoing basis (if medication is recommended). This option is required for young people and children aged 18 and under as it allows for ongoing monitoring and appointments.

Consultation Type	Fee	Medicare Item ^ phone * video	Medicare Rebate	Out of pocket (Gap)
Session 1 (60 mins)	\$765.00	296, 92437*	\$262.10	\$502.90

Session 2 (60 mins)	\$765.00	306, 91830* or 289 (under 25, diagnosis is confirmed)	\$184.90- \$265.90 (under 25, diagnosis is confirmed)	\$499.10 (under 25, diagnosis is confirmed) - \$580.10
Session 3 (30-45 mins)	\$370.00	304, 91839^, 91829*	\$134.00	\$236.00
ADHD Option 2: You are an adult aged 18 or over. You have a GP who is ready and willing to prescribe ADHD medication (if medication is recommended) and you only require an assessment and written report from Dr Forrest.				
Session 1 (60 mins)	\$765.00	296, 92437*	\$262.10	\$502.90
Session 2 (60 mins)	\$765.00	291, 91830*	\$455.60	\$309.40

Autism Assessment

- 2 sessions specifically assessing for the presence of autism, taking place over 4 weeks. This pathway does not involve ongoing care.
- Other conditions can cause autism-like symptoms, such as depression, anxiety, trauma, obsessive compulsive disorder. The assessment will also explore for the presence of any of these.
- Sessions 1 and 2 focus on understanding your difficulties across your life.
- Session 2 requires information from a family member or close friend (via phone or in person). Diagnosis, resources, and treatment options will be provided in this session.
- Please bring any school reports if you have them.
- A third appointment can be provided if needed (eg for further education or discussion of the diagnosis, or to provide supporting documents for NDIS application).
- If the diagnosis is uncertain or the individual is a child, I may recommend a multidisciplinary assessment (eg. psychologist, speech pathologist) following the first or second session.

Consultation Type	Fee	Medicare Item ^ phone * video	Medicare Rebate	Out of pocket (Gap) [#]
Session 1 (60 mins)	\$900.00	296, 92437*	\$262.10	\$637.90
Session 2 (75 mins)	\$900.00	291, 92435*	\$455.60	\$444.40

ADHD + Autism Assessment

- 3 sessions specifically assessing for ADHD **and** assessing for autism, taking place over approx 8 weeks.
- This combines the process of the Autism Assessment and ADHD Assessment (see above) over 3 sessions.

Session 1 (60 minutes)	\$810.00	296, 92437*	\$262.10	\$547.90
Session 2 (75 minutes)	\$810.00	304 or 289 (under 25, diagnosis is confirmed),	\$184.90- \$265.90 (under 25, diagnosis is confirmed)	\$544.10 (under 25, diagnosis is confirmed) - \$625.10
Session 3 (30 minutes)	\$370	304, 91839^, 91829*	\$134.00	\$236

NDIS Report Session

- Where this has been offered by Dr Forrest as part of your treatment plan, a 45-minute appointment will take place to discuss and complete the 'evidence of psychosocial disability form' for you to submit to the NDIS.

Consultation Type	Fee	Medicare Item ^ phone * video	Medicare Rebate	Out of pocket (Gap)
NDIS Report Session (45 minutes)	\$600.00	306, 91839^, 91829* 293 (if following autism assessment 291)	\$184.90 - \$284.40	\$315.60 - \$415.10

General Assessment				
Initial Appointment with ongoing care	\$750.00	296, 92437*	\$262.10	\$487.90
Comprehensive Review with recommendations to GP and limited ongoing care (up to 2 appointments total within each 12 month period)	\$900.00	291, 92435*	\$455.60	\$444.40

Follow Up Appointments				
Consultation Type	Fee	Medicare Item ^ phone * video	Medicare Rebate	Out of pocket (Gap)#
<15 minutes	\$140.00	300, 91837^, 91827*	\$43.65	\$96.35
15 minutes	\$260.00	302, 91838^, 91828*	\$87.05	\$172.95
30 minutes	\$370.00	304, 91839^, 91829*	\$134.00	\$236.00
45 minutes	\$480.00	306, 91830*	\$184.90	\$295.10
60 minutes	\$560.00	306, 91830*	\$184.90	\$375.10
Case Conference 15 mins	\$240.00	855	\$140.00	\$100.00
Case Conference 30 mins	\$350.00	857	\$210.00	\$140.00
Case Conference 45 mins	\$440.00	858	\$279.90	\$160.10
Parent / partner consultation 30 minutes	\$330.00	345, 91884^, 91876*	\$134.00	\$196.00

Parent / partner consultation 45 minutes	\$430	347, 91877*	\$184.90	\$245.10
30 minutes Follow up within 12 months after 291 Review	\$450	293, 92436*	\$284.80	\$165.20