

DR JESSICA FORREST

Consultant Psychiatrist
MBBS, BMedSci, MPM, FRANZCP

Coburg Specialist Centre

9 Station Street

Coburg VIC 3058

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Your first appointment with Dr Jessica Forrest

Welcome!

You have an appointment with **Dr Jessica Forrest**.

She is a **psychiatrist**. This means she is a medical doctor who helps people with their mental health.



If your appointment is in person

The clinic is at:

Coburg Specialist Centre

9 Station Street, Coburg

You can bring a family member or support person if you want.

Please bring your **Medicare card**.

If the appointment is about **ADHD or autism**, please bring any **school reports** you have.

Try to arrive **15 minutes early** so you have time to find the building and settle in.

If your appointment is on Zoom

The link is: <https://us06web.zoom.us/j/2184822198>

Dr Jessica Forrest

Helping you achieve your full potential

Finding the clinic

The building looks like this from the street:



*This is what the building looks like.
Go around the back to enter.*

The entrance is **around the back**.

If you are driving:

- You can park in a **visitor** car park spot.
- Or you can park on the street.
- Look carefully at the street signs. One side has time limits, the other side does not.

If you use public transport:

The clinic is **right next to Moreland train station**.



This is where you will enter.

When you arrive inside

Go to **reception** and say you are here to see **Dr Jessica Forrest**.

The receptionist might be **Natasha**, **Cinzia**, or **Sarah**. They will give you a **form** to fill out. It will ask for your contact details and Medicare number.

You can sit down to fill it in.

There is:

- a **kitchen** where you can make tea, coffee, or get water
- a **bathroom** you can use



This is the waiting room.

Meeting Dr Jess

When it is time, **Dr Jess** will come out to meet you.

If you bring a family member:

- You can choose to go in **alone**, or
- They can come in with you.
Whatever feels best for you is okay.

Inside the room

This is Dr Jess's room.

You can sit on the **couch** or the **armchair**.

There are **cushions** and **fidget toys** you can use while you talk.

The first appointment usually takes about **one hour**.

You can take a **break anytime**.

You can go to the bathroom, get a drink, step outside to vape or smoke, or just take a moment to calm down.

If you want to **finish early**, that is okay.

If you don't feel like talking, Dr Jess can talk with your family member instead (if they are with you).

After the appointment

Dr Jess will take you back to **reception**.

The receptionist will help you **pay** and **book your next appointment**.



This is where you will have your appointment with Dr Jess.