

shrinkMD Referral Guide for Clinicians

Cash-pay adult telepsychiatry in Maine and Nebraska. Physician-led, non-controlled, continuity-of-care. Print this and drop it in your referral folder.

Who to refer

Good fit

- Adults 18+ located in Maine or Nebraska
- Depression, anxiety disorders, bipolar-spectrum, OCD
- Insomnia, PMDD, postpartum depression
- Stable psychotic disorders
- Ongoing medication management + continuity
- Comfortable with cash-pay model

Not a fit (route elsewhere)

- Psychiatric emergency (route to 988 / ED)
- Active suicidal crisis
- Detoxification
- Primary eating-disorder treatment
- Requires controlled substances (stimulants, benzos)
- Child or adolescent (adults only)
- Medicare, Medicare Advantage, Medicaid (we don't accept)

Pricing (same in every state we serve)

Visit	Pay per visit	Serenity Squad member
Initial evaluation, nurse practitioner	\$295	\$295
Initial evaluation, psychiatrist	\$395	\$395
Follow-up with a psychiatrist	\$215	\$145
Follow-up with a nurse practitioner	\$165	\$110
Optional membership	Not required	\$49 / month

Cash-pay only. Superbill on request for possible out-of-network reimbursement (not guaranteed). No Medicare, Medicare Advantage, or Medicaid.

Prescribing policy

Non-controlled psychiatric medications only. No stimulants (Adderall, Vyvanse, Ritalin, Concerta). No benzodiazepines (Xanax, Klonopin, Ativan, Valium). No opioids or sedative-hypnotics on an ongoing basis.

How the referral works

1. Submit at shrinkmd.com/referrals or call **1-877-747-4656**. Do not send PHI by ordinary email. **2.** Confirmed within 1 business day. **3.** Patient contacted for intake and scheduling. **4.** With patient authorization, you get: consult summary, diagnostic impression, treatment plan, and meaningful updates as care progresses. **5.** Higher-level-of-care recommendations are communicated early. **6.** Return of care is handled professionally when the patient stabilizes.

Appointment availability

Wait times vary by state and current clinician availability. In active states (Maine, Nebraska), most new-patient evaluations schedule as soon as clinician availability allows. Call 1-877-747-4656 for a current estimate for your patient's state.

Emergency disclaimer

shrinkMD is scheduled outpatient care, not emergency care. For psychiatric emergencies or active suicidality: call 911, call or text 988 (Suicide & Crisis Lifeline), or route to the nearest ED. Do not use shrinkMD for crisis triage.