



Dr Jane Hay

Dr Jane Hay MBBS, FRANZCP is a Consultant Psychiatrist specialising in Adult General Psychiatry with a special interest in Perinatal Mental Health, Mood Disorders, Anxiety Disorders, Post Traumatic Stress Disorder, Veterans Mental Health and Workcover cases. She also has experience in Psychosis, Substance Misuse Disorders and Forensic Mental Health Issues.

Dr Hay was born in Townsville and raised in North Queensland. She completed her Bachelor of Medicine and Surgery in Brisbane before returning to Townsville to complete her internship.

She spent time working in remote rural areas throughout North Queensland and has also worked overseas in the United Kingdom, Hong Kong and China. She travelled extensively before returning to North Queensland and starting her psychiatry training.

Dr Hay completed her psychiatry Fellowship in Sydney at the Prince of Wales Hospital, where she gained experience in specialist mental health services including early psychosis, neuropsychiatry, psychogeriatrics and mood disorders, which included clinics at the Black Dog Institute.

She has also worked as an advanced trainee at NSW Justice Health within the Forensic Mental Health Service.

Dr Hay returned to Townsville in 2008 and spent the next six years working extensively as a Consultant Psychiatrist within the Public Mental Health Service, including working in Forensic Mental Health, Community Mental Health, Perinatal Specialist Mental Health Service, The Homeless Outreach Team and the Young Persons Early Intervention Service.

In 2015 Dr Hay joined Healthe Care and now works exclusively in private practice at the Townsville Private Clinic managing both inpatients and outpatients. Since joining the Clinic she has developed a special interest in Veteran's Mental Health issues and played a key role in the development of the Clinic's Post Traumatic Stress Disorder (PTSD) Day Program. She was a member of the Steering Committee of Operation Compass, a federally funded National Suicide Prevention Trial focused on ex-Australian Defence Force (ADF) members and their families.

Dr Hay enjoys working with patients and their families focusing on education about mental illness, holistic treatment options, identifying treatment and recovery goals and improving the quality of life of people with mental health issues.

To arrange an appointment or referral, contact Townsville Private Clinic's Admissions and Assessment team on 1800 884 767.

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