

Help shape the future of integrated mental health care with Totally Psyched.

Specialist ADHD/Mental Health General Practitioner

Takapuna, Auckland | Contractor | Flexible Part-Time Hours

Are you a General Practitioner with a passion for mental health, neurodiversity, and collaborative care?

Totally Psyched is seeking an enthusiastic and compassionate ADHD/ Mental Health GP to join our growing multidisciplinary team. This is a unique opportunity to work alongside our Consultant Psychiatrist and experienced clinicians, supporting children, adolescents, adults, and families through high-quality, evidence-based mental health care.

Whether you already have experience in neurodevelopmental conditions or are looking to develop specialist expertise in ADHD and autism, we'd love to hear from you.

Why Join Totally Psyched?

At Totally Psyched, we believe exceptional outcomes come from exceptional teamwork.

You'll join a practice that is:

- Led by Dr Sarah Watson, one of New Zealand and Australia's leading experts in ADHD and neurodevelopmental assessment and treatment.
- Home to a collaborative multidisciplinary team including psychiatrists, psychologists, counsellors, speech-language therapists and clinical support staff.
- Focused on delivering best-practice, patient-centred care.
- Passionate about innovation, education and improving access to quality mental health services.

We offer:

- Dedicated consulting room in our modern Takapuna clinic
- Full reception and administrative support
- Established referral pathways and strong demand
- Flexible contractor arrangements
- Professional support from experienced Consultant Psychiatrists & Psychologists
- Excellent team culture with regular MDT collaboration
- Opportunity to expand your knowledge in ADHD and neurodevelopmental medicine

About the Role

This part-time contractor position combines independent General Practice with specialist mental health care within a supportive multidisciplinary environment.

You'll provide:

- Follow-up care and medication reviews
- ADHD medication initiation, titration and monitoring
- Management of co-existing physical health concerns
- Youth health and holistic wellbeing support
- Liaison with patients' regular GPs and other healthcare providers
- Collaborative care planning alongside psychologists, therapists and psychiatrists

Essential Qualifications

- Registered Medical Practitioner with the Medical Council of New Zealand (MCNZ)
- FRNZCGP (or working towards Fellowship)
- Current professional indemnity insurance
- Excellent communication and relationship-building skills
- Commitment to culturally safe, inclusive practice

Experience in mental health, adolescent medicine or neurodevelopmental conditions is desirable but not essential.

Professional Development Opportunities

Totally Psyched actively supports clinicians who wish to develop advanced skills in neurodevelopmental medicine.

There is the opportunity (at the practitioner's own expense) to undertake advanced training in ADHD assessment and treatment.

You'll work alongside clinicians with extensive expertise in this rapidly evolving field.

You'll Enjoy Working Here If You:

- Have a genuine interest in ADHD and mental health
- Enjoy working as part of a multidisciplinary team
- Want to provide holistic, evidence-based care
- Value collaboration over working in isolation
- Enjoy developing long-term therapeutic relationships with patients and families
- Are interested in becoming more involved in ADHD assessment and management

Employment Details

Location: Takapuna, Auckland

Employment Type: Independent Contractor (Part-Time)

Hours: Flexible and negotiable

Remuneration: Negotiable based on experience

Join a Team That Makes a Difference

At Totally Psyched, we're passionate about changing lives through compassionate, evidence-based mental health care. If you're looking for a rewarding role where you'll be supported, challenged, and inspired every day, we'd love to hear from you.

To express your interest or request a confidential discussion, please send your CV and cover letter to Angela Spooner, Practice Manager, at practicemanager@totallypsyched.co.nz.