

Referral eligibility card

A five-second glance card for whether shrinkMD is the right send for a specific adult patient. Print it, save it to your referral folder, or hand it to intake staff.

Good fit for shrinkMD

- **Adult** (18 and over)
- Physically located in **Maine or Nebraska** at the time of visit
- Depression, anxiety disorders, bipolar spectrum, OCD, PMDD, postpartum, insomnia, adjustment
- Ongoing psychiatric medication management
- Comfortable with **cash-pay** (superbill provided for out-of-network reimbursement)
- Non-emergency evaluation
- Willing to keep the same clinician across visits

Not a fit for shrinkMD

- **Under 18**
- Outside Maine or Nebraska (other states opening)
- Active suicidal crisis, homicidal ideation, or psychiatric emergency (route to 988 or 911)
- Needs **controlled substances** (stimulants, benzodiazepines): we do not prescribe
- Needs in-person care, hospitalization, or intensive outpatient
- Detoxification or primary substance-use treatment
- Primary eating-disorder treatment
- Court-ordered or forensic evaluation
- Enrolled in Medicare, Medicare Advantage, or Medicaid (not accepted, even private-pay)

Ages accepted	Adults 18 and older only
States (live)	Maine, Nebraska
Pricing	\$295 PMHNP first eval, \$395 psychiatrist first eval, follow-ups from \$150. Superbill provided.
Controlled substances	Not prescribed (no stimulants, no benzodiazepines)
Refer online	shrinkmd.com/refer phone 877-747-4656
Clinician-only questions	clinicians@shrinkMD.com callback within 1 business day

Response times	Patient contacted within 2 business days. Consult note back to you within 7 business days of evaluation.
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Emergencies: if the patient is in acute crisis right now, call or text **988**, or **911** for a medical emergency. shrinkMD is scheduled outpatient telepsychiatry only, not emergency or acute care. *Shariq Refai, MD, MBA, FAPA - Founder + Medical Director. Not medical advice. Updated 2026.*