

Adult Mental Health Nurse Practitioner

Scarlett Teng

In New Zealand, Nurse Practitioners are licensed to independently diagnose, assess, and prescribe treatment. Scarlett has nearly 20 years of clinical experience in mental health and obtained her Master of Nursing with Honours in 2011. She also teaches at the University of Auckland, regularly involved in teaching and training in the field of mental health.

Scarlett accepts referrals for a wide range of adult mental health conditions, including but not limited to:

- Depression
- Adult Attention-Deficit/Hyperactivity Disorder (ADHD)
- ASD (adult only)
- Anxiety disorders (e.g. Obsessive-Compulsive Disorder, Generalized Anxiety Disorder, Social Anxiety Disorder)
- Mood disorders (e.g. bipolar disorder)
- Substance use and addiction-related disorders
- Psychotic symptoms (e.g. delusions, hallucinations)
- Emotional regulation and personality-related difficulties

Patient Criteria:

- Age 18–65
- Not currently under the public mental health system
- No immediate safety concerns or acute risks

Current Waiting Time: Approximately 2 weeks

Referral Options:

- ✓ Directly via the **SR Electronic Referral System - EDI: glmscdoc**
- ✓ Or email referral letters to: referrals@glms.co.nz