

## Instructions: Video communications

Dr Ken Gillman, Director & Principal Researcher at  
PsychoTropical Research. Chairman, Presiding Council,  
International MAOI Expert Group

Dr Gillman is an internationally renowned researcher and consultant with various demands on his limited retirement time: he has dedicated his career to helping people suffering from depression, especially those seeking information on the use of MAOIs, about which he is considered a leading world expert. Due to demand and limited time, the hours he can make available are restricted. **If you wish to contact him for advice you must abide by these instructions.**

Communications that do not follow these instructions, or that are disrespectful, inappropriate, or demanding, will lead to contacts being blocked.

Send (brief background) information about drug treatment via email, [ken.psychotropical@gmail.com](mailto:ken.psychotropical@gmail.com) The exact text string subject heading **'Pre-call information'** must be used, or the message will probably be overlooked or lost.

**Identify with name, age, and location (time zone, UTC).**

Email replies will generally be brief. There is rarely such a thing as a simple question, therefore enquiries usually require discussion via zoom/Skype.

A [donation](#) is usually expected prior to a call.

Once you have done that you can then [Skype during my limited consultation hours](#), as below: note that there is no guarantee that I will be available during those hours. If I am not available when you call, make sure you leave a text message saying for how long you will remain available for a return call, should I have time later in that session.

Those wishing to make a special consultation appointment at some other specified time may do so for a fee, which is \$500 for a maximum of one hour.

Note that whatever medication you decide on must be prescribed in your own local jurisdiction by one or other of the doctors involved in your care, that can be a primary care doctor (GP).

Subsequent communications should be via email because messages left on Skype are likely to get lost or overlooked, unless they are sent during a call. You cannot and must not rely on me for regular or urgent follow-up consultation and advice, that is something that must be provided by your local carer.

**The approximate times when I *may* be available are AEST (that is UTC+10).**

Monday 10 am – 12 noon, Wednesday 9.30 am – 12 noon, Thursday 5.30 pm – 6.30 pm, Friday 9.30 am – 12 noon. Local time is displayed here

<https://www.psychotropical.com/contact-dr-gillman/>

### Pre-call checklist

- Make sure you have looked at the relevant sections on my website / videos.
- Be clear in your mind as to exactly what you want to ask me and understand that, generally, I can only address specific questions about drugs and pharmacology.
- Prepare a list of the drugs (and maximum doses) you are taking, as well as those you have taken in the past, using the real names (not 'trade' names).
- A [donation](#) is expected prior to a call to help the 'MAOI-cause', unless you are financially disadvantaged.

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- Whatever information you receive from me, and what you may wish to do because of it, may be discussed and agreed with the responsible prescriber of your medication (who is invited to contact me if they wish).

Nov 2024 Dr Ken Gillman