

Psychiatrist Profile



Dr Lucia Porta Cubas

MBBS, FRANZCP

Areas of Interest

- Anxiety Disorders
- Bipolar Disorders
- Depressive Disorders
- Mood Disorders
- Obsessive Compulsive Disorders (OCD)
- Perinatal Psychiatry
- Post Traumatic Stress Disorder (PTSD)
- Women's Mental Health

Client groups

- Adults

Languages

- English
- Spanish

Telehealth

Not available

Professional background

Dr Lucia Porta Cubas is a consultant psychiatrist at South Coast Private Hospital and cares for both outpatients and inpatients with a special interest in perinatal and women's mental health.

She has been providing perinatal psychiatric care for several years. She has worked in many different districts and has a wide experience of psychiatry with extensive experience in mental health.

Dr Porta Cubas is an advocate of her patients and provides her expertise in a collaborative way with the aim of recovery and wellbeing. Utilising medications where indicated but also ensuring that psychological techniques and other supports are enlisted to ensure holistic care is provided. Involving other care providers and collaborating with other specialists such as GPs and Obstetricians as well as psychologists and child and family nurses.

Clinic locations

Dr Porta Cubas is available for consultations at South Coast Private Hospital's co-located psychiatry private practice.

Referral and appointments

T: 02 4286 6812