

Mental Health Service Providers

<i>Issue</i>	<i>Provider</i>	<i>Services Provided</i>	<i>Address</i>	<i>Suburb</i>	<i>P'code</i>	<i>Phone</i>	<i>Fax</i>	<i>Comments</i>
ABORIGINAL LIAISON	Deanna Schreiber, Aboriginal health liaison officer	Hospital and community based service providing advice and support linking aboriginal patients with other services.	15 Jannali Avenue	JANNALI	2226	9528-0287	9528 0828	Kurranulla Aboriginal Corporation located at above address. Deanna also has base at Sutherland Hospital.
ANGER MANAGEMENT	Interrelate	Anger management therapy	160 Bath Road	KIRRAWEE	2232	9545-3566	9521-2184	Fees applicable. Concession rates. Website: www.interrelate.org.au
ANXIETY DISORDERS	Anxiety Disorders Clinic, St Vincents Hospital	Assessment and treatment of anxiety disorders. Individual or group programs. Cognitive behavioural therapy based. Psychiatrists and psychologists provide treatment. Adults only, with competence in English.	299 Forbes Street	DARLINGHURST	2010	8382 1730		No fees. Written GP referral. Recorded information about service available: 8382 1749

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ANXIETY DISORDERS	UNSW Anxiety Clinic	Intern clinical psychologists provide CBT-based treatment for uncomplicated anxiety / depression. Also cognitive assessments of children and neuropsychiatric assessments of adults.	The Psychology Clinic, School of Psychology UNSW	RANDWICK	2031	9385-3042	9385 3288	GP or self-referral. CBT \$50 per session (\$15 conc) Neuropsych assessment \$250 (\$100 conc)
AOD	Caringbah Community Health (formerly Sylvania CHC)	Assessment and counselling for adults and adolescents	Sutherland Hospital	CARINGBAH	2229	9522-1000	9544-7662	No fees.
AOD	Controlled Drinking by Correspondence (NSW Health)	Correspondence program for people who want to cut down drinking but do not want to attend face-to-face program. Patients receive 4 fortnightly mail-outs.				1800 006 577		Free service. Self-referral.
AOD	Jarraah House	Residential detox for women only (and their dependent children)	Jarraah House	LITTLE BAY	2036	9661-6555		Not suicidal. Fees charged.
AOD	Meridian Clinic	Counselling and out-pt detox services for alcohol and other drug disorders.	Level 1, 2 South Street	KOGARAH	2217	9350-2944	9350-3977	Part of St George Public Hospital. No fees. Linked to Bayside Clinic (Methadone Program). GP- or self-referral.
AOD	NA Hotline 24 hours	Narcotics telephone support				9212-3444		

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AOD	NSW Drug and Alcohol Specialist Advisory Service (DASAS)	Free 24 hour state-wide telephone advisory service for health professionals only. Advice on assessment, clinical management and referral options.				9361 8006		Also available via 1800 023 687
AOD	SouthEastern Sydney Illawarra AHS	Opiate treatment service providing Methadone and Subutex/Suboxone maintenance and stabilisation program. Assessment, case mx, counselling and referral to other services/programs. Needle exchange program. Services based at Sutherland and St George Hospitals.		CARINGBAH	2229	9540 7702	9540 7612	Kogarah clinic Ph: 9113 2005, Fax: 9113 2673. Free for some clients, fees payable for private clients.
AOD	Sutherland Cannabis Clinic	Information, support and individual counselling for primary cannabis users and/or their families. Clients 16 + yrs. Medical consultation available for withdrawal issues. Free and confidential. Weekdays 8.30-5pm located Sutherland CBD. NSW Department of Health.	Suite 1, Level 3, 668-670 Princes Hwy	SUTHERLAND	2232	8536-0300	9521 8966	Free service. GP-/family-/self-referral.
AOD	Various	See separate AOD Services directories on Shire GPs website: www.shiregps.org.au						

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ASSESSMENT	ACCESS Team, Sutherland Mental Health Service, Sutherland Hospital	Assessment of mental illness and advice on management.	Community Mental Health Service, Sutherland Hospital	CARINGBAH		9540 7474		GP referral using proforma
BEREAVEMENT	Bereavement Care Centre	Bereavement counselling and support	14 Hollis Avenue	EASTWOOD	2122	9869-3330 or 1300 654 556	1300 654 556	\$110 (\$60 conc) Website: www.bereavementcare.co m.au
BEREAVEMENT	Calvary Bereavement Counselling Service	Bereavement counselling for individuals, couples and families. Adults only (18 years and over or have left school).	52 Ercildoune Ave	KOGARAH	2217	9553-3025	9553 3026	Contact Simone Connell (Team Leader). Free service. Self-referral. The bereaved should live in, or the deceased died in, the St George or Sutherland area.
BEREAVEMENT	Grief Support	24 Hour telephone counselling				9489-6644		May have to leave message on answering machine and they will ring back.
BEREAVEMENT	Suicide Call Back Service run by Crisis Support Services	Free telephone counselling service supporting people who are suicidal, carers of someone who is suicidal, or people bereaved by suicide. Callers are supported through a series of six 50 minute telephone counselling sessions scheduled to suit the caller.	Telephone service	National		1300 659 467		Free service operating 10am to 8.30pm, seven days per week.

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BEREAVEMENT	Support After Suicide Group, Southern Community Welfare	Professionally facilitated support group for people bereaved by suicide - either recently or in the past.				9545 0299 or 0412 522 140		Free group which meets the third Tuesday of each month, from 7-9pm at Sutherland United Services Club. Also optional personal counselling sessions. Kate van Barneveld is group coordinator.
BORDERLINE PERSONALITY DISORDER	Dr Pat Copping		104 Napoleon Street	SANS SOUCI	2219	9529-6791		
BORDERLINE PERSONALITY DISORDER	Wandene Private Hospital	Dialectical behaviour therapy (for BPD) plus a range of other groups and services for other conditions	7 Blake Street	KOGARAH	2217	9587-5077	9587-2250	GP- or self-referral. Private health care cover or fee.
CARER COUNSELLING	Commonwealth Carer Resource Centre	National Carer Counselling Program providing counselling and support for carers eg managing stress, coping skills, grief and loss issues, problem solving techniques etc.				1800 242 636		"Fees are based on need, not the ability to pay."
CARER SUPPORT	Carers NSW, Inc	Information, advocacy and support to carers, including carers of the mentally ill. Free information packages available for carers.	Level 17, 323 Castlereagh St	SYDNEY	2000	9280 4744 or 1800 242 636	9280 4755	Website: www.carersnsw.asn.au

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CARER SUPPORT	Family and Carer Mental Health Program, Carers NSW	Emotional support, information, advocacy and assistance with navigating the service systems for family and carers. Range of group education programs for family and carers. Facilitator support and training for carer support groups	Bulli Community Centre, 328 Princes Highway	BULLI	2516	4285 0155	4285 1048	Free for carers. www.carersnsw.asn.au www.youngcarersnsw.asn.au Contact Erika Day (support and advocacy) 0488 770 127 or erika@carersnsw.asn.au
CARER SUPPORT	See also "Family Support" section of directory.					0		
CARER SUPPORT	Sutherland Shire Carer Support Service	Information, advocacy and support for carers of people with a variety of conditions	3A Stapleton Ave	SUTHERLAND	2232	9542-6292	9542 6291	No fee. Contact Tracy Sami.
CENTRELINK SOCIAL WORKER	Centrelink	Social work services.	President Ave	CARINGBAH	2229	9545-8043		
CHILD ABUSE / NEGLECT	Dept of Community Services			SUTHERLAND	2232	9542-1111	9545-1104	GPs are mandatory reporters where abuse or neglect is suspected.
CHILDHOOD ANXIETY / SELF ESTEEM	Sutherland Child, Youth, Family Team (AHS)	Groups for primary school children with anxiety problems (years 3-6) or self esteem issues (years 5&6). Also individual counselling.	Community Health Centres	ENGADINE / CARINGBAH		Engadine 9520 4644 Caringbah 9522 1000		Small fee for group programs.

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CHILDREN	Child, Youth & Family Service (Caringbah Community Health)	Individual, family, group counselling. Parenting program.	Caringbah, Engadine and Menai Health Centres	CARINGBAH ENGADINE MENAI		9522 1000, 9520 4644, 9543 1111		Individual counselling free. Small fee for some group programs.
CHILDREN OF PARENTS WITH MENTAL ILLNESS	Sutherland sector, Area Health Service	Counselling, social activities and support for children aged 4-18 years who are living in a family affected by mental illness. Individual and group programs. Kids Club for 8-11 yr olds; annual Camp Kookaburra for COPMI; The Legends peer support group for 12-16 yr olds.	Caringbah CHC, Sutherland Hosp	CARINGBAH	2229	9522-1000	9522 1080	Free service. Enquiries / referrals to COPMI coordinator, Moira McGuire. Parent or carer consent required before children referred.
CONSUMER AND CARER SERVICES	ARAFMI (Association for Relatives and Friends of the Mentally Ill)	Support, information and advocacy. Monthly meeting.	Crossroads Centre, Suite 302, 1st Flr, Westfield Tower	MIRANDA	2228	9525-3790 (Crossroads)		Meets 2nd Monday of month at 1.30pm.
CONSUMER AND CARER SERVICES	ARAFMI Helpline	Information and support phone line				9805-1883		
CONSUMER AND CARER SERVICES	Community Consultative Committee	Support, information and advocacy for consumers and carers.	Crossroads Community Centre, Suite 302, 1st flr, Westfield Tower	MIRANDA	2228	9525-7730		Meets 1st Wednesday of every second month.
CONSUMER AND CARER SERVICES	Schizophrenia Fellowship	Parents' and consumers' support group	Gynea People's Church Hall, 166 Gynea Bay Road,	GYMEA	2227	9525-7730		Meets 1st Tuesday of month at 7.30pm.

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COUNSELLING	Anthony Hillin BSocStud M Adol MH.	Counselling for adults and adolescents based on CBT and interpersonal psychotherapy. Individual or family approaches. Issues include stress, depression, grief, loss, separation, transition and same-sex attraction.		South Woollooware	2230	9523 3567		Anthony is currently employed by the NSW Inst of Psychiatry as School-Link Training Coordinator.
COUNSELLING	CatholicCare	Family relationship counselling for individuals, couples, families. Degree-qualified counsellors.	Level 4/3-5 Stapleton Avenue	SUTHERLAND	2232	9545-1544	9545-1401	Self-referral. Sliding scale of fees. Www.familyrelationships.org or www.catholiccare.org
COUNSELLING	Chester Carter DipHealthCons, Cert 4 D&A couns, Grad Dip HRM. Assoc MCCA	CBT and reality therapy, counselling. Esp gambling, D&A addictions, counselling for individuals and their families.	See Change Counselling and Medical Centre, 1A/2-4 Merton St	SUTHERLAND	2232	9542 2600	9542 2779	Fees: \$75 / hr. Email: scmc@shirelive.com
COUNSELLING	Dept of Veterans' Affairs	The Vietnam Veterans' Counselling Service is a specialised, free service for veterans and their families. Veterans of all conflicts and peace-keeping operations are eligible. Individual, couple, family, group counselling.		NSW and ACT		1800 043 503 or 9635 9733		Factsheets available from www.dva.gov.au

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COUNSELLING	Grant Twivey GradDip (Counselling), reg with Christian counsellors' assoc of Aust.	Counselling. Esp anger mx, DV, mens' issues, marriage and relationship counselling, anxiety, depression, self esteem.	See Change Counselling and Medical Centre, 1A/2-4 Merton St	SUTHERLAND	2232	9542 2600	9542 2779	Fees: \$75 per hour. Email: scmc@shirelive.com
COUNSELLING	Interrelate	Anger management, relationship counselling, grief counselling, men's support group. Adults or children. Special courses eg Rainbows (for children suffering from loss)	160 Bath Road	KIRRAWEE	2232	9545-3566	9521-2184	Fees: \$65 per hour (9-5). \$75 per hour (after hours). \$30 conc. Website: www.interrelate.org.au
COUNSELLING	Lifeline	24 hour telephone counselling				13 1114		
COUNSELLING	Magdalena Liem Mcounts(Hons), MA Theol, Memb Aust Assoc of Relationship Counsellors.	Counselling, parenting courses. Esp pre-marital counselling, relationships, DV, child and family counselling.	See Change Counselling and Medical Centre, 1A/2-4 Merton St	SUTHERLAND	2232	9542 2600	9542 2779	Fees: \$80-140 (Sliding scale based on income.) Email: scmc@shirelive.com
COUNSELLING	Relationships Australia	Individual or group counselling or mediation. Singles, couples, families. Not just relationship issues - also addictions (gambling, AOD)		ROCKDALE		9387-4211		Self-referral. Sliding scale of fees. Average \$80 per session
COUNSELLING	Shire Counselling and Medical Centre	Individual counselling, addictions, stress, anger management, relationship and parenting education.	1a/2-4 Merton Street	SUTHERLAND	2232	9542-2600		GP- or self-referral. Private practice. Fee for services.

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COUNSELLING	Southern Community Welfare	Counselling for depression, anxiety, childhood abuse, grief, trauma, self esteem, marriage, relationships and family, parenting, self harm, eating disorders, personality disorders. Range of support groups. Adults, children and adolescents.	2-4 Tea Gardens Ave	KIRRAWEE	2232	9545-0299	9521-6252	Christian counsellors available. Sliding scale of fees based on income.
COURT SUPPORT	Prison Fellowship	Support (cuppa and comfort) for people attending court.		SUTHERLAND	2232	9896-1255		
DOMESTIC VIOLENCE	Caringbah Women's Centre	Counselling and support groups.	346a Kingsway	CARINGBAH	2229	9525-2058		Self-referrals. Contact Marie Mooney.
DOMESTIC VIOLENCE	DV Line NSW	24 hour telephone help line providing support, advice, information on refuges and interpreter services. Main refuge-linking service. For males and females.				1800 656 463		Main refuge-linking service. GPs / public / relatives can contact the service. No fees. Confidential.
DOMESTIC VIOLENCE	Sutherland Shire Family Services	Information, support and advocacy for families affected by DV	90 Soldiers Road	JANNALI	2226	9528-2933	9528 2633	Contact Kath Jones. No fees.
EATING DISORDERS	Crossroads Centre	Eating disorders, DV and sexual assault counselling and support groups. Residential refuge and 2 year program.	Suite 302, 1st Flr, Westfield Tower	MIRANDA	2228	9525-3790	9525 3423	No fees: nominal donation for services. Contact Christine Bird.

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EATING DISORDERS	Eating Disorders Foundation	Information, counselling and support for patients and their families. Telephone and web-based service.				9412-4499		Website: www.edf.org.au
EATING DISORDERS	NSW Centre for Eating and Dieting Disorders	Academic and service support centre based at RPAH. Clinician support, online education, teleconferencing etc. Website lists services available.				9515 5843	9515 6442	www.cedd.org.au or email: jfree@email.cs.nsw.gov.au Shire GPs has separate directory for ED service providers.
EATING DISORDERS	See separate directory for ED services at www.shiregps.org.au					0		
EATING DISORDERS	Sydney Children's Hospital Eating Disorders Unit	Eight week, day program for children 16 years or under.	SCH, High Street	RANDWICK	2031	9382 1111 (Page 42896)		Multifaceted, intensive course of group and individual treatment. Patient attends SCHEDULE 3 days per week and continues at home/school the rest of the week. Contact CNC for paediatric mental health
EMPLOYMENT	CARE Employment (Break Thru People Solutions)	Personal support program providing work experience or training courses to enable people recovering from mental illness to return to workforce. Also support for people with a mental illness who are in work but having difficulties.	429 Princes Highway	ROCKDALE	2216	9599-0222		GP- or self-referral. No fee. Moving premises in 2009.

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EMPLOYMENT	Commonwealth Rehabilitation Service	Provides vocational rehabilitation to people with a mental illness. Can help in finding a job or liaise with employer if having difficulty in current position.				1800 624 824 or 9545 9200		Usually no cost.
EMPLOYMENT	NOVA Employment	Provides assistance to people aged 15 - 24 years with intellectual disability seeking work.	20-24 Gibbs Street	MIRANDA	2228	9524-4677	9524-4399	Must have disability accepted by Centrelink. No fee.
FAMILY DIFFICULTIES	Sutherland Shire Family Services	Shire-wide service for families with children aged 0-17 yrs. Offer practical support, advocacy, group work and other resources. Family workers provide help with parenting, relationships, living skills and domestic violence. Can also provide liaison with govt departments. Support groups, child care, counselling etc.	90 Soldiers Road	JANNALI	2226	9528 2993	9528 2633	Funded by DOCS.
FAMILY SUPPORT	CARE for Families (Break Thru People Solutions)	No cost, long-term education, support group, counselling services for people with a mental illness and anyone who supports them. Goal setting, psychoeducation, skills training, support and counselling, referral advocacy and liaison.	492 Princes Highway	ROCKDALE	2216	9599 0222		Referral accepted from professionals, community organisations, people with a mental illness, family members and other supporters. Moving premises in 2009.

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GAMBLING	Dr Clive Alcock. FRANZCPsychiatry	Problem gambling therapy	3 Grantham Street	BURWOOD	2134	9747-6088	9715-7024	Thurs 12.30 - 4.00pm. \$160 (first appt) then \$80 - \$160 per cons. Some bulk-billing.
GAMBLING	Gam-Anon	Provides a 12 step program for those affected by another person's gambling problem eg spouse, family.				9564-1595		No fee.
GAMBLING	Gamblers Anonymous	Self-help fellowship for compulsive gamblers.				9564-1574		Ring ph no for information on where the nearest 12 step program is running. Not a telephone counselling service. No fee.
GAMBLING	GAME	GAME is a specialist gambling treatment service funded by St Vincent de Paul Society. Specialist gambling counsellors and financial counsellors provide advice and therapy.				9331-3910		Free services. Offices in city and Bankstown.
GAMBLING	G-Line (NSW)	Problem gambling information, counselling and referral help line. Operates 24/7.				1800 633 649		

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GAMBLING	Wesley Gambling Counselling Services	Personal counselling, financial counselling, family support and legal services - for adults with primary gambling problem.	3a Stapleton Ave	SUTHERLAND	2232	9542 2578	9542 5541	Free service.
GRIEF	PTSD Unit	This is a Research Unit investigating the optimal treatment of prolonged grief reactions. Patients should be aware they will be participating in research.	Department of Medical Psychiatry	WESTMEAD	2145	9845 7979 or 9845 6904	9635 7734	Free of charge. Only for patients with abnormal grief reactions lasting >3 months.
HOMELESSNESS	City of Sydney Homeless Persons' Information Centre	Telephone information				9265-9081		
HOMELESSNESS	Gaitrent G.H.		83 Kingsway	CRONULLA	2230	9527-4642		\$147 per week
HOSPITAL - PRIVATE	Wandene Private Hospital	In- and out-patient services for mood and anx disorder, psychosis, PTSD, psychogeriatric disorder, emotional/personality disorder, AOD disorder.	7 Blake Street	KOGARAH	2217	9587 5077	9587 2250	GP referral required. Private health insurance or self fund. Email wesleyhospital@wesleymission.org.au
KIDS HELP	Kids Help Line	24 Hour Counselling for 6-18 year olds. Phone, email, web-based. Info / counselling / referral. Male and female counsellors. Can talk to same counsellor as before.				1800 551 800		No charge. Web: www.kidshelp.com.au

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LEGAL	LawAccess NSW	Free government telephone service that provides legal information, advice and referrals for people who have a legal problem in NSW.				1300 888 529		Additional info at www.lawaccess.nsw.gov.au
LEGAL	Sutherland Legal Aid Service	Represents people with a mental health issue who have committed crime or have civil issues.				9521-3733		
LIFE STRATEGIST	Shiraz Patel. M Ed (Counselling Psych), BA, Dip Indiv, couple, family therapy.	Educational / psychological assessments, parenting / behaviour management, individ/couple/family therapy. Children / adolescents / adults. Esp educational assessment, couple and family therapy.	Suite 1A, Level 2, 28 President Ave	CARINGBAH	2229	0404 884 735 or 9522-2351		\$90 - \$110. After hours and Saturday appts avail.
LIFELONG MENTAL ILLNESS	Guardianship Tribunal NSW	Appoints guardian for people who, as a result of illness, are incapable of making decisions for themselves. Usually permanent, but can be reviewed / revoked. Can also provide info about appointing a financial manager with responsibility for financial affairs only.		GLEBE		9552-8555		No fee for guardianship. May be fee for financial management.

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LIFELONG MENTAL ILLNESS	Mental Health Advocacy Service	Provides advocacy for clients in a mental health facility who are going before magistrate or MH review tribunal.		BURWOOD		9745-4277	9878-1270	Only hospital clients. No fee.
LIFELONG MENTAL ILLNESS	Mental Health Information Service	Statewide telephone information and referral service. (Accommodation, leisure, support etc.)				1300 794 991		No fee.
MULTICULTURAL SERVICES	Multicultural Mental Health Australia	Provides consumers, carers and health professionals with information and resources on mental health for the CALD community. See website for information and resources, including translations of MH info and list of bilingual MH professionals.				8838-2117	9840-3388	www.mmha.org.au
MULTICULTURAL SERVICES	Transcultural Mental Health Service	Provides access to MH professionals who speak languages other than English.	5 Fleet Street	NTH PARRAMATTA	2151	9840-3767	9840-3755	GP refers by contacting intake officer to discuss. TMHS identifies suitable clinician who then contacts patient. No fee for either the TMHS service or clinical service.
PAIN CLINIC	St George Hospital	For patients with chronic pain. Pts see doctor, psychologist and physiotherapist.	Gray Street	KOGARAH	2217	9350-1111or 9350-2381 (direct)		GP referral only.

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PARENT EDUCATION	Sutherland Child, Youth, Family Team (AHS)	Infant and Toddler Talks. (Possum Cottage.) Triple P Positive Parenting. TIPS for Parents of Primary school children. Developing Children's Social Skills. Parenting Adolescents.	Various community health venues	SUTHERLAND SHIRE		P Cottage 9540 7321; Caringbah CHC 9522 1000		Small fee for courses.
PARENTING, POST NATAL DEPRESSION	Possum Cottage	Resource centre for parenting 0-5 year olds. Counselling for mild-mod postnatal depression. Behaviour management for toddlers up to 5 years.	Sutherland Hospital grounds, Cnr Kingsway and Kareena Road	CARINGBAH	2229	9540-7321	9540-7336	No fees. Can self-refer for most conditions, but must have GP referral for children under 1 year.
PARENTING, POST NATAL DEPRESSION	Sutherland Shire Family Services	Counselling, advocacy and support for families	90 Soldiers Road	JANNALI	2226	9528-2933	9528-2633	
PARENTING, POST NATAL DEPRESSION	Tresillian Residential Karitane					9787-0855		
PARENTING, POST NATAL DEPRESSION	Whispers Cottage and Parenting Centre	Parent-infant support through day stay. Group support. Counselling for mild postnatal depression. Sleep and settling for infants. Feeding support.	2/83 Kareena Road	MIRANDA	2228	9525 5955	9525 5955	Fees \$50 - \$250 depending on service. Formerly at 2 White St, Jannali. RNs, midwives, child and family health nurse available. Contact Leanne McNamara. Website: www.whisperscottage.com Email: whisperscottage@msn.com

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POST TRAUMATIC STRESS DISORDER	PTSD Unit	This is a research unit investigating the best methods of treating PTSD. Patients should be aware they will be participating in a research project.	Dept of Medical Psychiatry	WESTMEAD	2145	9845-7979 or 9845 6904	9635 7734	Free of charge. Self- or GP-referral. No ongoing domestic violence
PSYCHIATRIC SUPPORT	GP Psych Support	Free patient management advice from a psychiatrist within 24 hours. Includes specialists in child and adolescent psychiatry and drug and alcohol psychiatry.				1800 200 588	1800 012 422	GPs submit questions by phone, fax, or website (www.psychsupport.com.au) and receive response within 24 hours. Not suitable for emergencies.
PSYCHIATRIST - PRIVATE	Dr Alex Pilsky MBBS, FRANZCP, Mpsychiatry	Adult general psychiatry, forensic psychiatry.	20 English Street	KOGARAH	2217	8197-5888	9588 4138	Fee for service. GP referral required. Monday, Wednesday, Friday.
PSYCHIATRIST - PRIVATE	Dr Chanaka Wijeratne MBBS, FRANZCP, MD	Adult general psychiatry, psychiatry for the aged.	20 English Street	KOGARAH	2217	8197-5888	9588 4138	Fee for service. GP referral required. Mondays only.
PSYCHIATRIST - PRIVATE	Dr Chris McDowell. MBBS, FRANZCP	General adult psychiatry. Esp mood disorders, anxiety disorders, dual diagnosis, schizophrenia.	4/20-24 Gibbs Street	MIRANDA	2228	9526-1344	9526-1145	Fee for service, referral from GP.

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PSYCHIATRIST - PRIVATE	Dr Clive Smith BM,BS; FRANZP	Child and adolescent psychiatrist working in a group setting with psychologists. Range of interests and interventions, including eating disorders, severe disruptive disorders, accurate differential diagnosis and management of depressive syndromes, anxiety disorders, developmental disorders eg Asperger's, learning disorders, first onset psychosis and safe prescribing.	Suite 37, 61-65 Glencoe Street	SUTHERLAND	2232	9545 4147	9521 7827	
PSYCHIATRIST - PRIVATE	Dr Dal Retallack	Psychotherapy	St Vincent's Clinic	DARLINGHURST				
PSYCHIATRIST - PRIVATE	Dr David Grace MBBS(Hons), FRANZCP	Adult general psychiatry, Psychiatry for the aged.	20 English Street	KOGARAH	2217	8197-5888	9588 4138	Fee for service. GP referral required. Monday, Tuesday, Friday (fortnight basis).
PSYCHIATRIST - PRIVATE	Dr David Hughes	CBT. Adults with mood and anxiety disorders, psychosis, chronic fatigue / pain, post-partum disorders, medicolegal. No couples or adolescents.	20 English Street	KOGARAH	2217	8197-5888	9588 4138	Fee for service. Referral from GP. Tuesday and Friday only.
PSYCHIATRIST - PRIVATE	Dr Deepi Miller	Consultant Psychiatrist.	20 English Street	KOGARAH	2217	8197 5888	9588 4138	Wednesday (all day) and Saturday morning.

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PSYCHIATRIST - PRIVATE	Dr Elizabeth Mackenzie MBBS, FRANZCP	Psychiatric assessment and management plans. Esp adolescent mental health, perinatal disorders.	Clinical Centre at BMRI, 100 Mallett Street	CAMPERDOWN	2050	9351 0672	9351 0653	
PSYCHIATRIST - PRIVATE	Dr Greg Wilkins. B Med (Hons), FRANZCP	Individual and couples therapy. Assessment and consultation. Esp adult ADD/ADHD, professional burnout, PTSD, depression, mood disorders, relationship management.	29/20-24 Gibbs Street	MIRANDA	2228	9540-3833	9540-3933	Costs vary with patient's ability to pay.
PSYCHIATRIST - PRIVATE	Dr Kalarickal M Thomas MD, DPM, FRANZCP, MACP.	Adult general psychiatry, psychotherapy.	20 English Street	KOGARAH	2217	8197-5888	9588-4138	Fee for service. Referral from GP.
PSYCHIATRIST - PRIVATE	Dr Keith Mayne MRCPsych, FRANZCP	Adult general psychiatry, medico-legal, workers' compensation.	20 English Street	KOGARAH	2217	8197-5888	9588 4138	Fee for service. GP referral required. Monday through to Thursday.
PSYCHIATRIST - PRIVATE	Dr Majella Lajoie	Psychodynamic psychotherapy. Child, youth and family. Survivors of childhood abuse. Borderline personality disorder.	20 English Street	KOGARAH	2217	8197-5888	9588 4138	Fee for service. Referral from GP. Monday, Wednesday and Thursday morning. (Books currently closed.)
PSYCHIATRIST - PRIVATE	Dr Peter Whetton FRANZCP	Adult general psychiatry. Forensic psychiatry. Medico-legal. Worker's comp. DVA. Cons/reports.	20 English Street	KOGARAH	2217	8197-5888	9588 4138	Fee for service. GP referral required. Monday through to Thursday am only.

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PSYCHIATRIST - PRIVATE	Dr Philip Empson BA, MBBS, MRCPsych, FRANZCP	Adult general psychiatry	20 English Street	KOGARAH	2217	8197-5888	9588 4138	Fee for service. GP referral required. Thursday only.
PSYCHIATRIST - PRIVATE	Dr Sharat Lal MBBS, FRANZCP	General psychiatry, depression and anxiety (pharmacological and psychological mx), schizophrenia, bipolar disorder, personality disorder, relationship counselling.	South Street Clinic, Suite 13, Level 3, St George Private Hosp, 1 South St	KOGARAH	2217	9553 1160	9553 1162	
PSYCHIATRIST - PRIVATE	Dr Sheriff Rewais MBBS, FRANZCP, Cert Child & Adolescent Psychiatry	General adult, child, adolescent, family psychiatry. Psychotherapy. Areas of interest: psychotherapy, child & adolescent, mother-infant.	Suite 4, 20-24 Gibbs Street	MIRANDA	2228	9526 1344	9526 1145	Fee for service. Referral from GP.
PSYCHIATRIST - PRIVATE	Dr Wendy Orlay	Adult psychiatry. Postnatal depression.	Suite 29, 20-24 Gibbs St	MIRANDA	2228	9540-3833	9540 3933	Costs vary with patient's ability to pay.
PSYCHIATRIST - PRIVATE	Prof John Saunders	Consultant physician in Internal Medicine, Professor of Alcohol and Drug studies. Patients need to be assessed by a psychiatrist before referral to Prof Saunders can be arranged.	20 English Street	KOGARAH	2217	8197-5888	9588 4138	
PSYCHOGERIATRIC SERVICE	Southcare	Psychogeriatric assessment via ACAT	126 Kareena Road	CARINGBAH	2229	9540-7175 / 7540		GP referral. No direct access to psychogeriatrician

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PSYCHOLOGICAL SERVICES	Anup Kumar Mangipudi AOTA, AHTA	Occupational therapist with mental health training offering mental health specific assessments using DACSA, Alens Cognitive Levels. Especially community living and intervention.	Suite 7 / 752-754 Eton Arcade	SUTHERLAND	2232	9545 3590 or 0402 395 976	9545 0357	Medicare registered OT. Fees \$75/hr.
PSYCHOLOGICAL SERVICES	Dr Monica Moore MB BS(Hons), Dip Clin Hyp(ASH), Fellow Aus Coll of Psychol Med, Member Aus Soc Hyp.	Cognitive behaviour therapy, interpersonal therapy, hypnosis in selected cases. Special interest: anxiety disorders (esp somatisation), depression, eating disorders.	Level 3, 12 Central Road	MIRANDA	2228	0400 553 160 (appt) 9531 5744 (messages)	9526 8827	\$150 per hour. Medicare rebate for Level D cons with GP. Tues-Fri.
PSYCHOLOGICAL SERVICES	Jacinta Frawley	Social worker, Jungian analyst. Provides analysis, psychotherapy and interpersonal therapy. Esp relationships (family, couple, social) and life transitions.	Suite 6, 334 President Avenue	GYMEA	2227	0414 532 690		Medicare registered provider of psychological services. (Mental health worker.) \$130-150 per session. Email: jfrawley@bigpond.com

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PSYCHOLOGIST	Abigail Pamich (Dr) BSc(Hons), DClinPsych, MAPS, AACBT.	Individual: anxiety, panic, OCD, depression, stress, chronic health problems, chronic pain, obesity, abuse, PTSD, grief, relationships, self harm, self esteem, sexual difficulties. Family: parenting, child behaviour, sleeping, toileting, separation, ADHD, bullying, school refusal, child/adol anxiety and dep, relationship breakdown.	Sutherland Medical Centre, 2/800 Old Princes Hwy	SUTHERLAND	2232	9542 6277		Medicare / Private health fund registered clinical psychologist: rebates with GP referral. Out of hours appts . Email: abigail@doctorabigail.co m.au Web: www.doctorabigail.com.au
PSYCHOLOGIST	Amanda Goh MPsych(Ed and dev), BCom, BPsych. Assoc MAPS	Autism spectrum disorder, psychometric assessment, learning difficulties, challenging behaviours, bullying, depression etc. (Children and adolescents.) Adults - assessments, parenting, anxiety, mood disorders, grief and loss.	Wellbeing Clinic, Suite 1, 545 Kingsway	MIRANDA	2228	9540 3999	9545 1211	
PSYCHOLOGIST	Amber de Lucia, Blayney Kemp Clinical Psychology	Children and adol (5-18 yrs), families and adults. Anx disorders, depression, adjustment disorder, PTSD, sleep problems, bulimia, bereavement dis, ADHD, conduct disorder, interpersonal difficulties.	Level 3, 12 Central Road	MIRANDA	2228	9524 7709	9526 8827	Medicare registered clinical psychologist. \$150 per hour. \$125 for pensioners and students.

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PSYCHOLOGIST	Amie Hollands BSc(Psych); Dip Psych(Forensic) MAPS	Psychological assessment and counselling.	2 Purley Place	CRONULLA	2230	0405 155 629		Medicare registered. \$150 per hour (standard); \$110 per hour (Health care card-holders.)
PSYCHOLOGIST	Angelica Bilibio BA (Psych), MA (Dev Disability), MAPS	Specialises in anxiety, depression, mood disorders, relationship counselling, grief and loss. Also counsels patients with mild intellectual disability.	Caringbah Health Care Centre, Shop 2, 52 President Ave	CARINGBAH	2229	0407 408 552		Medicare registered general psychologist. Fee \$110.00. Also bulk bills. Will conduct home visits and group sessions. Fluent in English and Portuguese.
PSYCHOLOGIST	Anthony Pignataro BSc, MSc, Dip Adult Psychotherapy	General clinical psychology services esp trauma, personality disorders, depression, anxiety, OCD and reports.	42 President Avenue	CARINGBAH	2229	9524-4789 or 0404 866 722	9540 4644	Medicare registered. \$120 per hr. \$80 per 30 mins.
PSYCHOLOGIST	Aphrodite Kyriakou. BA, MA(Counselling), Dip Adult Psychotherapy, DipClinHyp, MAPS, ANZAP, AACBT.	Depression/anxiety mx, couples/family, trauma, PTSD, workers comp, work related stress, grief/loss, self-esteem. Esp mind/body connection, meditation, trauma, police.	South Street Clinic, Suite 13, Level 3, 1 South St	KOGARAH	2217	9553 1160	9553 1162	Medicare registered. \$190 initial cons, \$180 follow up, \$200 couples. Bilingual: English and Greek.
PSYCHOLOGIST	Barbara Baylis. M Clin Psychol, Dip Clin Hyp, MAPS, MCCP, MAACBT, MASHypnosis	Adults, couples, adolescents. CBT, hypnosis, longer-term psychotherapy. Esp depression, anxiety, eating disorders, grief, trauma, pain, health issues, rehab, somatisation, marriage / relationship therapy	34 GyMEA Bay Road	GYMEA	2227	9751-4452 - paging service	9524-7312	Paging service - will return call within 24 hours. Fee for service. \$145 (indiv), \$150 (couple) Self-referral by patient, or GP referral. Medicare registered.

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PSYCHOLOGIST	Carol Janes - Somewhere to Turn. B App Sci; B Soc Sci (Psych)(Hons); BA; MAPS; MDIPP.	Counselling and therapy for individuals, couples and families. Services for depression, anxiety, gambling, eating disturbances, grief, relationships, stress, PTSD. CBT, schema therapy. Short term focussed psychological therapies. Supportive counselling.	Kareela Family Practice, Cnr Freya St and Solveig Cres, Kareela 2232 and Good Samaritan Family Practice, Shop 3, 238 Princes Highway, Sylvania Heights 2226	KAREELA, SYLVANIA HEIGHTS	2232	0414 272 634	9528-0777	Fee for service. \$100 - \$120 per hour, health fund rebates available. Medicare registered. Bulk bills 30 minute Medicare sessions. Email: cyjanes@somewheretoturn.com.au 2 practice locations, see Address.
PSYCHOLOGIST	Caroline Jones MPsych(Clin), Grad Dip Psych, MAPS.	Psychology services inc autism, Asperger's syndrome. Adolescents, children and adults. Mental health issues eg depression, anxiety. Parenting and pregnancy.	Suite 1, 545 Kingsway	MIRANDA	2228	9540 3999	9540 1211	Medicare registered clinical psychologist. Email: admin@wellbeingclinic.com.au Web: www.wellbeingclinic.com.au
PSYCHOLOGIST	Catherine Wilson BBehSc, BPsych(Hons), MClInPsych	Psychological services: grief and bereavement/loss, men's issues, sexual health, ageing/lifestyle, mood disorders, psychosis, suicidality, anxiety, relationships, self-esteem, carer's support, adolescents.	Wellbeing Clinic, Suite 1, 545 Kingsway	MIRANDA	2228	9540 3999	9540 1211	Medicare registered General Psychologist. \$120 p/hr GP referred, Scheduled fee & bulk billing appt's available for those with financial difficulties. Groups available. Www.wellbeingclinic.com.au
PSYCHOLOGIST	Chris Lloyd BA, MMgt, BSc (Hons), MPsych (Clinical), MAPS, MColIClinPsychol	Psychological assessment, report writing and treatment, CBT and supportive counselling. Esp depression, anxiety disorders, couples counselling.	Suite 2, 27A Eton Street, Sutherland 2232	SUTHERLAND	2232	9545 0966		Medicare registered. \$150 per hour, reduced by negotiation.

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PSYCHOLOGIST	Compass Psychology Australia (Principals - Masters level trained, members APS)	Anxiety, depression, panic, grief, stress, anger, trauma, childhood abuse, eating problems, chronic pain, couples, self esteem, parenting, IQ assessment, career assessment. Esp depression and anxiety.	Suite 4, 17-19 East Parade	SUTHERLAND	2232	9542 2667 (office)	9542 6990	Medicare registered: one general psychologist, one clinical psychologist. Bulk billing. APS recommended fees. Ph: 0414 495 858 and 0420 944 348.
PSYCHOLOGIST	Complete Psychological Solutions Pty Ltd	Individual and group psychological services. Range of low cost education, treatment and support groups for children, adolescents, adults incl stress/relaxation, self esteem, HSC, dep, anx, time management, relationships etc.	Various	ASHFIELD, PARRAMATTA, NEWTOWN		9707 2794, 0415 636 339	9707 3399	Medicare registered and will provide up to 5 sessions under Medicare Plus initiative at no patient cost for low income earners. Www.completepsych.com
PSYCHOLOGIST	Denise Cheung BA(Psych), Grad Dip Sc(Psych), Assoc MAPS MAACBT	Adults: anxiety, panic, OCD, generalised anx, phobias, social anx, depression, stress, life changes. Addictions. Self-esteem. Couples' therapy. Grief and loss. Pain mx. Esp anxiety disorders, problem gambling.	Wellbeing Clinic, Suite 1, 545 Kingsway	MIRANDA	2228	9540 3999	9540 1211	Medicare registered psychologist. \$120 p/hr GP referred, Scheduled fee & bulk billing appt's available for those with financial difficulties. Www.wellbeingclinic.com.au
PSYCHOLOGIST	Diane Whiting BA(Psych) M Psych (Clin) MAPS	Psychology services esp trauma, anx, dep, pain, traumatic brain injury, psychological factors assoc with chronic illness. Adults and children.	Suite 7, 852 Old Princes Highway	SUTHERLAND	2232	9543 5806	9543 5806	Medicare registered. \$150 initial assessment. \$100 per hour follow up.

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PSYCHOLOGIST	Doukessa Lerias BSc(Psych) BA(Modern Greek) Mpsych(Clin) - DLS Psychological Interventions	CBT for anxiety disorders inc PTSD and OCD. Psychological rx for problem gambling, eating disorder and borderline personality disorder. CBT for depression inc PND and bipolar affective disorder. CBT for anx and dep in the modern Greek language. Supportive counselling provided (also in modern Greek).	561 The Kingsway	MIRANDA	2228	0414 942 375		Medicare registered clinical psychologist practising in English and modern Greek. Schedule of fees provided on request. Email dls@disclinpsych.com.au
PSYCHOLOGIST	Dr Ana Lopes DClinPsych, BPsych(Hons), MAPS, MAACBT	Evidence based psychological intervention: CBT, schema focussed and family therapy for children and adults. Esp anxiety and depression in children and adults; child behavioural difficulties and parenting; high functioning autism and Asperger's Disorder.	CHANGE Psychology & Therapy Centre, 6/10-12 Woodville St	HURSTVILLE	2220	0406 000 491		Medicare registered clinical psychologist. Fees \$150 per hour. Bulk billing available.
PSYCHOLOGIST	Dr Ester German, PhD DipClinHyp MAPS	Medico-legal reports, veterans, child, adolescent and adult clinical psychology. Individual, couple and group therapy. Esp borderline pers disorder, trauma and grief, PND, infertility and reproductive loss.	South Street Clinic, Suite13, Level 3, St George Private Hosp, 1 South St	KOGARAH	2217	9553-1160	9553 1162	Fee for service. Referral from GP

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PSYCHOLOGIST	Dr Gus Norris. Senior clin psychologist. MAPS	Evidence based psychotherapy, CBT, IPT, schema focussed therapy, mindfulness. Esp depression, anxiety, trauma, schizophrenia.	Suite 13, Level 3, 1 South Street	KOGARAH	2217	0414 775 337	9553 1162	Medicare registered. \$120 per hour.
PSYCHOLOGIST	Dr John Kearney Doctor of Clinical Psychology, MSc, BA Psych(Hons), MAPS	Cognitive behaviour therapy for depression, anxiety disorders, anger problems, PTSD, postnatal depression. Esp trauma-related disorders.	20 English St	KOGARAH	2217	0409 584 881	9588 4138	Medicare registered. Registered to provide clinical psychology services. Fees \$150 per 1 hour session. Email: jtpk@bigpond.net.au
PSYCHOLOGIST	Dr Michael Martin PhD, MA, BAppSci(Hum Mov), BA, Dip Ed, MAPS.	Total quality of life is the goal of my interventions. People want rewarding lives and do not merely want to overcome severe problems. Solutions to problems need not solely be based on an attack on the problem: part of the solution can come from developing strengths and resources. I try to go beyond the disease model of psychological disturbance. While severe problems must be dealt with, fostering better quality of life is the final aim of therapy.	Winning Thinking, 426 Kingsway	CARINGBAH	2229	8580 7180		Medicare registered general psychologist. Fees: \$155.40 per hour. Email: info@winningthinking.com.au

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PSYCHOLOGIST	Dr Ramesh Sukuraman PhD(Clin Psych), MA(Psych), MPhil(Med and social psych), MAPS	Adults and adolescents. Depression, trauma, addictions (substances, gambling, internet), suicidality, crisis intervention, schizophrenia and schizoaffective disorders. Esp trauma, addictions, anxiety spectrum disorders.	Wellbeing Clinic, Suite 1, 545 Kingsway	MIRANDA	2228	9545 3999	9545 1211	Medicare registered clinical psychologist. \$120 per hour. Bulk billing for extreme financial hardship.
PSYCHOLOGIST	Dr Steve Dawson PhD(ClinPsych), MAPS	Clinical psychological and neuropsychological assessment and intervention for children and adults with ADHD, ADD, dyslexia, learning difficulties, behavioural difficulties (inc oppositional defiant disorder), Asperger's Syndrome. Also training programs for parents of children with the above.	Southern Community Welfare, 2-4 Tea Gardens Ave	KIRRAWEE	2232	9545 0299	9521 6252	Medicare registered clinical psychologist. Email: admin@scw.org.au
PSYCHOLOGIST	Edwina Birch BSc (Hons), MAPS, MA (Hons clin psych) - Sutherland Psychology	Clinical psychology. Esp children's behaviour problems, adjustment to disability/pain, PTSD	Suite 37, 61-65 Glencoe Street	SUTHERLAND	2232	9545-4147	9521 7827	Fee for service. (\$180 initial cons, \$170 subsequent cons) Referral by letter or fax. Medicare registered.

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PSYCHOLOGIST	Eleanor Gittins BSocSci (Psych), Dip Adol & Child Psych, Assoc MAPS	Asperger Syndrome 13 yrs >: diagnosis and assessment, anxiety and depression, social skills, relationship counselling, consultation with schools, employment agencies. Esp relationship counselling (IPT, medication for Aspergers, CBT)	29 Austin St	ILLAWONG	2234	9543 5387 or 0408 954 358	9541 4264	Medicare registered general psychologist. \$100 per hourly session. \$120 home visit. Bulk billing as necessary. Email janetgittins@hotmail.com
PSYCHOLOGIST	Emily Stone BPsych(Hons), MPsych(Clin), MAPS. (Sutherland Shire Psychology)	Clinical psychological services to adults, adolescents and children. Individuals, couples, families. Esp mood disorders (anx and dep); D&A and comorbid mental health concerns; parenting and family issues; couples therapy.	Caringbah Healthcare Centre, 2/52 President Ave	CARINGBAH	2229	0415 394 151		Medicare registered clinical psychologist. Fees: \$160. Reduced fee places available upon doctor's request. Web: www.sutherlandshirepsyc hology.com.au Email: info@sutherlandshirepsyc hology.com.au
PSYCHOLOGIST	Emma Webster MClinPsych; BPsych Hons; MAPS	Psychological assessment and treatment. CBT. Acceptance and commitment therapy. Schema therapy. Esp anxiety and depression; adjustment to illness; health and exercise problems.	Wellbeing Clinic, Suite 1, 545 Kingsway	MIRANDA	2228	9540 3999	9540 1211	Medicare registered general psychologist. Fees: sliding scale \$140 per hour - bulk billing for financial hardship. Email admin@wellbeingclinic.co m.au
PSYCHOLOGIST	Fiona Beall, Child Adolescent Psychology Services. MAPS.	Clinical psychological testing, assessment and psychological interventions esp children and adolescents and family therapy.	Suite 2, 7 Eton Street	SUTHERLAND	2232	0432 483 026	9594 5476	\$129.40 per session. Medicare registered. Email: childadolescentpsycholog y@gmail.com

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PSYCHOLOGIST	Gabriela Bilibio BA(Psych), Memb PSYCHDD	Adults and adolescents. Specialises in anxiety, depression (inc pre and post natal), behaviour intervention and disabilities. Special interest in depression.	Caringbah Healthcare Centre, Shop 2, 52 President Ave	CARINGBAH	2229	0433 479 294		Medicare registered general psychologist. Fees: \$125 per hour, also bulk bills. Email: gabilibio@hotmail.com
PSYCHOLOGIST	GyMEA Lily Psychotherapy Centre	Child and adult psychiatry / therapy. Relationship issues. Assesments. Esp infants and children, relationships, depression and anxiety. Range of health professionals.	Suite 1, 17-21 Gray Street	SUTHERLAND	2232	9545-4772	9542-3249	Fee for individual sessions. \$90 - \$135 per session GP- or self-referral. Medicare registered. Website: www.gymealily.org
PSYCHOLOGIST	Heather Rudd BA(Psych) Grad Cert Bus(HRM), RN, MAPS- HRI Psychological Services	Counselling. Workers' comp. Coaching. Victims of crime. Vietnam Vets. Adults / teenagers. Performance psychology (sports/music). Esp trauma, anxiety, depression, stress, grief, obesity, health issues, chronic fatigue.	Metro Medical, 5/62- 70 Allison Crescent	MENAI	2234	0412 515 238	9541-1634	Medicare registered general psychologist. Fee for service. \$120 per session. No referral necessary - prefer a short letter outlining issues. Postal Add: PO Box 314, Menai Central, 2234. Email: heather@hripsych.com
PSYCHOLOGIST	Heidi Jarvis BSc(Psych), MSc(Psych), MAPS	Anxiety, depression, behaviour mx, grief and adjustment, and social skills for infant, child, adolescent and their families. Esp developmental disabilitites, learning difficulties, ADHD, giftedness. Can also provide developmental (Griffiths) assessments.	Caringbah Healthcare Centre, Shop 2, 52 President Ave	CARINGBAH	2229	0407 018 882		Medicare registered general psychologist. \$110 per hour. Email heidjarvis@bigpond.com

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PSYCHOLOGIST	Heidi Jarvis BSc(Psych), MSc(Psych), MAPS.	Anxiety, depression, behaviour mx, grief and adjustment, and social skills for infant, child, adolescent and their families. Esp developmental disabilitites, learning difficulties, ADHD, giftedness. Can also provide developmental (Griffiths) assessments.	Yarrawarra Medical Practice, Cnr Old Bush Rd and Laurina Ave	YARRAWARRAH	2233	0407 018 882		Medicare registered general psychologist. \$110 per hour. Email heidjarvis@bigpond.com
PSYCHOLOGIST	Helena Paras BA(Psych), Grad Cert in Mediation, Grad Dip in Child and Adol Psych, Assoc MAPS.	Assessment, counselling, play therapy, parenting, depression, anxiety, worker's comp, child protection issues / trauma, relationships. Esp children and young people, families, couples. Use of CBT, narrative therapy, brief solution focussed therapy.	Seasons of Growth Psychological Services, 135 Fowler Road	ILLAWONG	2234	9543 7579 / 0402 281 582		Medicare registered general psychologist. Fees: \$110. Can bulk bill and provide home visits depending on individual situation. Greek speaking.

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PSYCHOLOGIST	Janet Cartwright MPsych(Clin), BPsych(Hons), MAPS, MAACBT	Adults: anxiety, depression, stress, self- harm, self-esteem issues, pain mx, anger, relationship issues, work issues, assertiveness. Adolescents: anxiety, depression, stress, self- esteem/confidence, bullying, problem solving, self-harm. CBT, supportive psychotherapy, skills training, relaxation, exposure therapy, psycho-education.	Wellbeing Clinic, Suite 1, 545 Kingsway	MIRANDA	2228	9540 3999	9540 1211	Medicare registered General Psychologist. \$120 p/hr GP referred, Scheduled fee & bulk billing appt's available for those with financial difficulties. Www.wellbeingclinic.com. au
PSYCHOLOGIST	Janice Killey. Dip Ed, BA (Psych), MA (Counselling), MAPS, AGCA.	Psychologist. Psychotherapeutic practice. Esp stress management, behaviour, grief, depression, family issues, self-esteem, parenting, sleep, OCD, relaxation, anger management, postnatal depression. Psychometric assessment for preschoolers, school students and adults.	Suite 7, 340 Kingsway	CARINGBAH	2229	9524-6865 or 0402 420 173	9526-7650	\$120 (employed). Negotiable if unemployed. Medicare registered.
PSYCHOLOGIST	Jennifer Ellis B Psych(Hons); M Psych(Clinical); MAPS	Assessment and treatment of adults and adolescents with mood, adjustment and anxiety disorders. Couples therapy. Esp health- related anxiety, OCD.	Suite 1, 561 Kingsway	MIRANDA	2228	0412 796 004	9545 4367	Medicare registered clinical psychologist. Fees \$150.

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PSYCHOLOGIST	Jodie Thelning BA(Psych), MSc(Psych), MAPS	Counselling / therapy. Adults, individuals / couples.	Suite 4, 334 President Avenue	GYMEA	2227	9525 1174	9525 1174	Medicare registered General Psychologist. Fees \$110. Email: thelnet@bigpond.net.au
PSYCHOLOGIST	Joel Curtis BAppPsych, Grad Dip S Psych, M S Psych, MAPS	CBT, brief solution focussed therapy, cognitive therapy, motivational interviewing, mindfulness therapy. Esp depression, anxiety, relationships, life coaching, sport and performance.	Life Resolutions Miranda, Suite 2, Level 1, 29 Kiora Road	MIRANDA	2228	9690 5888	9531 7463	Medicare registered general psychologist. Email jcurtis@liferesolutions.co m.au. Web: www.liferesolutions.com.a u
PSYCHOLOGIST	Karen Tyndall BA, Dip App Psych, M Clin Psych, MAPS	CBT, acceptance and commitment therapy with trauma, anxiety, panic, depression, relationships, self esteem, anger mx, postnatal issues, personal growth, workplace issues and workers comp.	PO Box 442	ENGADINE	2233	0417 445 182		Practice located in Miranda. Medicare registered clinical psychologist. \$145 per session.
PSYCHOLOGIST	Kathryn Newbury	Psychological therapy: depression, bipolar, anxiety disorders, D&A addictions, psychosis, stress mx, anger mx, relationships. Esp adolescents and adults/couples; D&A addictions.	3/7-9 President Ave	CARINGBAH	2229	0403 362 181		Medicare registered general psychologist. \$110 per session.

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PSYCHOLOGIST	Kelly Da Silva BA(Psych), Post Grad Dip Psych.	Psychological assessment and interventions for adults and adolescents with depression, bipolar, anxiety, stress, self- esteem, psychosis and substance abuse.	The Promenade, Suite 9, Unit 4, 46 Kingsway	CRONULLA	2230	0402 113 855		Medicare registered general psychologist. Fees \$110 per session. Email: kelly.dasilva@live.com
PSYCHOLOGIST	Krystyna Kidson Mpsych(Clinical)(Hons); BPsych(Hons); MAPS; MAACBT.	Children and adolescents (ADHD, adjustment difficulties, anxiety, oppositional defiant disorder, social skills difficulties, self- harm, suicidal ideation). Families and adults (adjustment difficulties, anxiety, depression, parenting stresses, self- harm, suicidal ideation.)	Wellbeing Clinic, Suite 1, 545 Kingsway	MIRANDA	2228	9540 3999	9540 1211	Medicare registered General Psychologist . \$120 p/hr GP referred, Scheduled fee & bulk billing appt's available for those with financial difficulties. Wwww.wellbeingclinic.com. au.
PSYCHOLOGIST	Leah Piazza Post grad Dip Psych, Post grad Cert Prof Psych Practice.	Psychological interventions esp for school issues, teacher- parent support and strategies, workplace issues, study and exam stress.	Wellbeing Clinic, Suite 1, 545 Kingsway	MIRANDA	2228	9540 3999	9540 1211	Medicare registered general psychologist. Fees: 120 per hour. Bulk billing for extreme financial hardship.
PSYCHOLOGIST	Leanne Davies BA(Hons), MAPS	Child, adol, family therapy. CBT, interpersonal psychotherapy, relaxation, sexual assault counselling, behaviour management. Esp child behaviour mx.	132a Woronora Road	ENGADINE	2233	0422 556 797	9548 2967	Medicare registered psychologist. Fees \$150 per hour. Email: ldav2190@bigpond.net.au

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PSYCHOLOGIST	Liz Kennedy - Clinical Psychology Services	Child, family and marital	101/26-28 Gibbs Street	MIRANDA	2228	9524-8128	9524-8639	Fee for service. Referral - GP letter.
PSYCHOLOGIST	Louise Huggett BA(Psych), Grad Dip Sc(Psych), MAACBT.	Adults: anxiety disorders, panic, OCD, generalised anxiety, phobias, social anxiety, depression, stress, life changes, addictions (problem gambling), self esteem, grief and loss, pain mx. Esp anxiety disorders, eating disorders.	Wellbeing Clinic, Suite 1, 545 Kingsway	MIRANDA	2228	9540 3999	9540 1211	Medicare registered general psychologist. Email: admin@wellbeingclinic.com.au \$120 p/hr GP referred, Scheduled fee & bulk billing appt's available for those with financial difficulties.
PSYCHOLOGIST	Lu Mamo BSc Hons (Psych), MPsych (clin), MAPS.	Individual psychological treatment of adults: drug and alcohol, adjustment disorders, anxiety disorders, mood disorders, pain management and bereavement disorders.	Specialist Consulting Rooms, Level 1, Menai Marketplace	MENAI	2234	9532 1166	9532 1177	Medicare registered clinical psychologist. Fees: \$115 per session (ie gap of \$2.55) After hours appts on Wed, Thurs and (from Sept 08) Sat.
PSYCHOLOGIST	Malcolm Desland BA, MA, Dip Clin Hypnosis, MAPS, MCCPsych.	General practice in psychology: adults and adolescents, anxiety disorders, mood, trauma, substance abuse/addictions	Suite 1, 28-30 Urunga Parade	MIRANDA	2228	9524-5077	9525-6067	\$140 per hour. Poss conc. APS rec fee for workers' comp. Referral by letter or phone call. Email: mdesland@bigpond.com.au Medicare registered

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PSYCHOLOGIST	Maria-Elena Lukeides BA(Hons), DClinPsych (candidate)	Specialising in CBT for mood disorders; Dialectical behaviour therapy for more chronic mood problems; Acceptance and Commitment therapy. Interest in depression and anxiety disorders; early intervention to prevent chronicity of psychological problems in young adults.	Level 1, 26 Ewos Parade	CRONULLA	2230	0416 771 054		Medicare registered general psychologist. \$120 per session. Sliding scale and bulk billing available if GP requests this. Email: Mel38@uow.edu.au
PSYCHOLOGIST	Megan Varlow Mpsychol, MAPS, Member College of Health Psychol.	Health psychology. Individual assessment and treatment. Behaviour change programs for chronic illness. Workers comp. Esp mood disorders, anxiety, trauma, chronic illness, pain management, health coaching eg medication adherence, exercise maintenance, smoking cessation, weight loss. Sleep disorders.	Cronulla Medical Practice, 1/13-15 The Kingsway	CRONULLA	2230	9544 4004 or 0418 442 130	9544 2008	Registered as general psychologist with Medicare. \$125.00 fee for private patients. Bulk bill with GP mental health care plan. APS rates for Workers comp.

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PSYCHOLOGIST	Melissa Farr BA(Psych)(Hons), APAS, PSYCHDD.	Early intervention, behaviour intervention and mx, skill development, play therapy, counselling, anger mx, anxiety mx, eating issues. Individual and group sessions. Training sessions in autism spectrum disorders, behaviour mx, environmental modifications and sensory requirements. Esp individuals and families affected by autism spectrum disorders.	Wellbeing Clinic, Suite 1, 545 Kingsway	MIRANDA	2228	9540 3999	9540 1211	Medicare registered psychologist. \$120 p/hr GP referred, Scheduled fee & bulk billing appt's available for those with financial difficulties. Www.wellbeingclinic.com. au
PSYCHOLOGIST	Michelle McGee MPsych(Forensic), BA(Hons), MAPS	Adults and adolescents. PTSD, stress mx, workplace issues, conflict, violence and aggression, self harm, self esteem. Esp forensic assessment and reports, CBT, social skills training.	Wellbeing Clinic, Suite 1, 545 Kingsway	MIRANDA	2228	9540 3999	9540 1211	Medicare registered general psychologist. \$120 per hour. Bulk billing for extreme financial hardship. Email: reception@wellbeingclinic .com.au
PSYCHOLOGIST	Monica Blayney. BSc (Psych) Hons, M Clin Psychol (Hons), MAPS, MAACBT.	Individual adult clinical psychology. Esp trauma (adult and adolescent), sexual dysfunction, depression and anxiety.	Level 3, 12 Central Road	MIRANDA	2228	9524-7709	9526 8827	Fee for service. \$176 per hour. (APS recommended.) Email: monicablayney@yahoo.co .uk. Medicare registered.

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PSYCHOLOGIST	Monique Cohen MAPS, Member Jungian Society	Child, adolescent and adult psychotherapy. Esp play therapy for children on issues such as grief, depression, anxiety, anger etc. Adolescent issues: AOD abuse, relationships, depression, anxiety, anger etc. Adults: depression, anxiety, grief, AOD, anger, relationships, childhood abuse, PTSD etc. Also parenthood issues.	Suite 6, 334 President Avenue	GYMEA	2227	0402 400 575		Medicare registered clinical psychologist. Fees \$150 per session. Small groups for adults on identity and self-worth also available. Also training and supervision.
PSYCHOLOGIST	Motivating Minds Psychological Practice	Generalist psychological services for adults, adolescents, children, couples. Mood disorders, anxiety (specific and generalised fears and phobias), personality, substance abuse, skills training, grief, relationships, parenting, adolescent bullying/peer pressure, post traumatic stress, psychological symptoms relating to general medical conditions, crisis mx, suicidal ideation. Psychological assessment/testing. Worker's comp/medico-legal.	Suite 13/1008 Old Princes Hwy	ENGADINE	2233	9520 8606	9520 8681	Services provided by: Adrian Lumbewe B Psych, M Psych(Forensic), MAPS and Kerrie Lumbewe (Brown) B Soc Sc, Post Grad Dip Psych, Assoc MAPS. Both Medicare reg general psych's. Fees \$110 full fee, \$90.15 pensioner or full time student. Some bulk billing.

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PSYCHOLOGIST	Natasha Langovski MA(Psych), BSSc, DipAppCoun.	Counselling, therapy and assessment for individuals, families, couples, adolescents and children. Consultancy, supervision and training for private and government organisations. Esp trauma, family therapy, adolescents, mood disorders and grief (approved VCT counsellor).	Suite 1/Level 1, 12 Laycock Avenue	CRONULLA	2230	9544 1389	9544 1298	Contact for details of fees.
PSYCHOLOGIST	Nicole Ritchard MPsych(Clin)Hons, BA(Hons), MAPS	Adults, adolescents and children. Eating disorders, depression, sexuality/gender issues, stress mx, grief, social skills, bullying, relationships. Esp pain mx, self esteem, relaxation training.	Wellbeing Clinic, Suite 1, 545 Kingsway	MIRANDA	2228	9540 3999	9540 1211	Medicare registered clinical psychologist. \$120 per hour. Bulk- billing for extreme financial hardship. Email: reception@wellbeingclinic .com.au
PSYCHOLOGIST	Peter Cowell. Clinical psychologist. Aust Assoc Cognitive Behavioural Therapists	CBT. Acceptance and Commitment Therapy. Short term focussed psychological therapies. Workcover matters. Esp anxiety, worry, depression, motivation, stress, OCD.	561 Kingsway	MIRANDA	2228	0424 253 890		Email: cbtherapy101@hotmail.co m. \$140 working, private insurance. \$120 not working, no insurance. Medicare registered. Saturday and evening appointments available.

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PSYCHOLOGIST	Ranjani Kumar BSc(Psychol) PG Dip Psychol.	Psychological services - CBT based interventions for MH disorders. Esp D&A, eating disorders, anxiety disorders, phobias, depression, anger mx.	Suite 6, 10-12 Woodville Street	HURSTVILLE	2220	0450 435 563		Registering with Medicare as general psychologist. \$100 per 60 minutes (less with health care card). Email RKUMAR.PSYCH@gmail. com
PSYCHOLOGIST	Re-Start Consulting. Andrea Navia BA(Psych), Grad Dip (Psych) Assoc MAPS	Psychological interventions for mood disorders, anxiety disorders, relationship difficulties, trauma, pain, substance misuse, grief, adjustment issues, assertiveness training, self-esteem issues. Adults, adolescents, couples.	Sutherland Physio and Sports Injury Clinic, Level 1, 41- 47 Eton St	SUTHERLAND	2232	9572 7444	9572 7433	Medicare registered general psychologist. Fees: \$103.40 (concession card holders), \$153.40 (non concession card holders). Website: www.re-start.com.au Spanish spoken.
PSYCHOLOGIST	Sandra Schneider BSc(Psych), Post grad Dip Psych, Grad Dip Counselling, MAPS	Children, adolescents and adults. Anxiety, bullying, sexual assault, phobia, learning difficulties, parenting, neglect and physical abuse. Esp trauma (PTSD), skills training, art and play therapy, sandplay and symbol work.	Wellbeing Clinic, Suite 1, 545 Kingsway	MIRANDA	2228	9540 3999	9540 1211	Medicare registered general psychologist. \$120 per hour. Bulk billing for extreme financial hardship. Email reception@wellbeingclinic .com.au
PSYCHOLOGIST	Shire Psychology & Counselling. Veronica Borham, psychologist and RN	Generalist. Special interest in carers/disability; bereavement; relationships. Child/adol/adult/individual s/couples.	Suite 19, Eton Arcade	SUTHERLAND	2232	0409 032 820		Medicare registered. Fees range: \$90-130. www.shirepsych.com.au

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PSYCHOLOGIST	Stellios Christou BSocSc(Psych) P/Grad Dip Psych MIPP MAPS	Anx, anger, adjustment, dep, D&A, grief and loss, pain, sleep, trauma and abuse, stress, Workers Comp.	2/800 Princes Highway	SUTHERLAND	2232	0409 46 26 72		Medicare registered
PSYCHOLOGIST	Stephanie Allen BSc(Psych), Grad Dip App Psych, MPsych(Clin), MAPS (Shire Clinical Psychology)	Psychological treatment, esp treatment of adults and adolescents with mood disorders, anxiety disorders, eating disorders and personality disorders. Couples therapy. Primary use of CBT, Acceptance and Commitment Therapy and Dialectical Behaviour Therapy.	Level 3, 12 Central Road	MIRANDA	2228	0402 026 569	9526 8827	Medicare registered clinical psychologist. Fees: \$170 per hour (individual); \$200 per hour (couples). Email stephanie_allen@me.com
PSYCHOLOGIST	Stephen Scicluna. BSc (Hons), MA (Clin Psych) Hons, MAPS.	All aspects of child and adult clinical psychology. Incl depression, anxiety, ADHD, Asperger's, behaviour management, self esteem, assertiveness, anger, OCD. Esp parent effectiveness, behaviour modification.	42 Boronia Grove	EAST HEATHCOTE	2233	0416 025 880	9520-5808	Fees \$130 per hour (\$20 gap). Email: scicks@bigpond.net.au. Medicare registered clinical psychologist.
PSYCHOLOGIST	Susan Bourne. BA(Psych) Hons, M Clin Psychol (Hons), MAPS, MAACBT	Clinical psychology, cognitive behavioural orientation. General adult. Esp anxiety, stress management.	Level 3, 12 Central Road	MIRANDA	2228	9524-7709	9526-8827	Fee for service. \$140 per hour. (\$90 per 30 mins). Some conc. Medicare registered. Referral via GP or self- referral. Email skbourne@bigpond.com

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PSYCHOLOGIST	Suzie Jobe	Life skills coaching, stress mx, confidence, self esteem, conflict resolution, anxiety, depression, clinical and organisational psychology.	See Change Counselling and Medical Centre, !A/2-4 Merton St	SUTHERLAND	2232	9542 2600	9542 2779	Medicare registered general psychologist.
PSYCHOLOGIST	Tehani Gunasekara BA, BSc Hons (Psych), MPsych, MAPS	Psychological assessments and therapy. Esp depression, including post-natal depression; anxiety; PTSD; adjustment disorder; specific phobias. Teenage depression and anxiety.	Suite F1, Level 1, Illawong Shopping Village, 273 Fowler Rd	ILLAWONG	2234	9543 4666	9543 4147	Medicare registered general psychologist. Fees: \$120 per session. Rebates (including bulk billing) available as required.
PSYCHOLOGIST	Teneille McGuire BSc(Psych) Grad Dip App Psych, Ass MAPS	Young adults to later years. Rx tailored to client inc CBT, body-mind education, relaxation, nature-guided therapy, problem solving, cognitive restructuring, core conflictual relationship themes.	Sutherland Psychology, Suite 37, 61-65 Glencoe St	SUTHERLAND	2232	9545 4147	9521 7827	Medicare registered general psychologist. \$140 first session, \$130 thereafter.

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PSYCHOLOGIST	Thelma Hutchins BA(Psych), PG Dip Psych, Ass MAPS	Anxiety, depression, mood disorders, panic, OCD, stress, anger mx, self esteem, relationships, grief and loss, behavioural and emotional difficulties of childhood and adolescence. IQ and career counselling. Esp couples/relationship counselling; children and adolescents.	Sutherland Psychology, Suite 37, 61-65 Glencoe St	SUTHERLAND	2232	9545 4147	9521 7827	Medicare registered general psychologist. \$140.00 first session, \$130.00 subsequent sessions.
PSYCHOLOGIST	Thomson Smart and Associates - Consulting Psychologists. Dr Tom Abson BSocSc, BA Hons (Psych), PhD.	Psychological services related to organisational, occupational and personal issues. Consultation, assessment and or remedial services. Adults or older adolescents. Esp occupational stress, fatigue, men's health, terminal illness support, loneliness, anxiety, retirement & general counselling, research.	Level 2, Suite 2, 38 President Ave	CARINGBAH	2229	9524 0277	9524 0522	Medicare registered. Normally \$80 per hour. Medicare pts referred by GPs \$65 per hour. Some concessions. Email toma@alphalink.com.au
PSYCHOLOGIST	Towilla Healing Services. Amberley Boyer, Masters Health Psychology, BSc(Psychol)	Psychological therapy. Psychotherapy. CBT. Esp adults, children, family therapy, couples. Depression, anxiety, personality disorders, stress, health issues.	93 Cambrai Ave	ENGADINE	2233	0295 444 578, 0422 624 699	9544 4578	Medicare registered psychologist. Bulk billing Medicare clients. \$90 per hour non-Medicare. Www.towilla.com.au

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PSYCHOLOGIST	Val Townsend BSc (Soc Science-Psychology) MAPS.	Psychological assessment and counselling. Esp counselling for depression, anxiety, trauma, grief, relationships, families.	See Change Counselling and Medical Centre, 1A/ 2-4 Merton St	SUTHERLAND	2232	9542 2600	9542 2779	Medicare registered general psychologist. Also RN. Fees \$100 per hour. Email scmc@shirelive.com
PSYCHOLOGIST	Vee Jin Dumlao	Psychological assessment and therapy for adults, children, adolescents and families. Esp depression, anxiety, anger, learning difficulties, ADHD, chronic pain. Multicultural health. Diagnostic reports and liaison.	One Health, Unit 4, 1008 Old Princes Hwy	ENGADINE	2233	0418 833 546	9585 1413	Medicare registered clinical psychologist. \$120-140 per session. Bulk-billing for health care card holders and pensioners. English and Cantonese.
PSYCHOLOGIST	Victoria McGowan BA(Psych) Post Grad Dip Psych. - Optimal Psychology.	Adults only. Focussed psychological strategies using CBT, DBT, mindfulness, structured exposure and response prevention programs, relaxation, stress mx, problem solving, goal setting. Esp panic, agoraphobia, specific phobias, OCD, depression, adjustment disorders, self esteem issues, health anxiety.	The Promenade, Level 1, Unit 4, 4-6 Kingsway	CRONULLA	2230	0412 987 997	9527 0493	Medicare registered general psychologist. Fees: initial session \$140; subsequent 60 min sessions \$110. Email: optimalpsychology@gmail.com Session times: Mon/Tues/Sat, day/evening. Please email referral or phone to arrange a secure fax.

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PSYCHOLOGIST	Walter Kiris BSc (App Psychol), MAPS, ATMS.	Counselling. Reports (enquire). Esp adolescents and adults with anxiety, stress, traumas, depression. Health coaching, anger mx, phobias, OCD, parenting.	Vital Health, Suite 4/16 Boyle St	SUTHERLAND	2232	9545 6939 or 0431 710 869	9545 6828	Medicare registered general psychologist. Fees variable over time. \$150. Surcharges initial consult and weekends. Email: vitalhealthcare@optusnet.com.au
PSYCHOLOGIST	Walter Kiris, BSc (App Psychol), MAPS, ATMS.	Counselling. Reports (enquire). Esp adolescents and adults with anxiety, stress, traumas, depression. Health coaching, anger mx, phobias, OCD, parenting.	Sutherland Psychology, Suite 37, 61-65 Glencoe St	SUTHERLAND	2232	9545 4147 or 0431 710 869	9521 7827	Medicare registered general psychologist. Fees variable over time. \$150. Surcharges initial consult and weekends. Email: sldpsychology@bigpond.com
PSYCHOLOGY / NEUROPSYCHOLOG Y	Psychological Consult	A network of clinicians (psychologists, neuropsychologists, physicians) offering usual psychological services to children, adolescents and adults plus psychodynamic psychotherapy, neuropsychological assessment, EEG assessment and neurofeedback and medicolegal assessment.		CARINGBAH	2229	8567 0151		www.psychological-consult.com
RECREATION	Como Social and Leisure Centre	Social and leisure activities for people aged 18 and over with mental health issues. No clinical services.	Ted Bacon House, 6-8 Taplan St	COMO	2226	9528-4963, 9540-7800, 9521-1270		Funded by Sutherland MHS and St Vincent de Paul. Open Mondays & Wednesdays, 9.30 - 2.30. Low cost lunch, outings etc.

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SELF DEVELOPMENT	GROW	12 step mental health program based on personal growth and changes in behaviour and thinking. (Issues such as social problems and social isolation.)		VARIOUS	2228	9569-5566 (Head office)		Meetings for 2 hours per week. Over 18s only. Groups established according to demand. Currently in Miranda (9548 2418) and Bundeena (9523 1391). No fee. Website: www.grow.net.au (lists other groups.)
SELF DEVELOPMENT	SHARE	Self-development courses run by accredited group facilitators. Group based. "Becoming Confident and Assertive" and "Learn to Unwind".		VARIOUS		9533 4422		Courses \$110 - \$140 with concessions available. Email: admin_share@iprimus.com.au
SEXUAL ASSAULT	SOUTHERN SYDNEY SEXUAL ASSAULT SERVICE	Sexual assault service for men and women aged 16 years and over. Also counselling for partners, family members and friends. 24 hour / 7 day crisis service for those recently assaulted. Counselling for people with past history of assault. Court support. Group work. Community / professional training.	Social Work Dept, Level 4, Pritchard Wing, St George Hospital	KOGARAH	2217	9113 2494	9350 2206	Free service. Social work department open office hours but can page SW after hours if required.
SUICIDE	See under BEREAVEMENT for services.							

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SUICIDE	Sutherland Mental Health Service	Assessment and, as appropriate, treatment for patients with suicidal ideation or intentions.	Sutherland Hospital	CARINGBAH	2229	9540 7474		Phone number available 24/7 and will connect you to ACCESS Team during office hours or Acute Care Team after hours.
SUPPORT	Aftercare - Personal Helpers and Mentors (PHaMs) program.	Government-funded program supporting people whose lives are severely affected by mental illness. Based on patient strengths, it is recovery focussed. Personal Helpers and Mentors assist in accomplishing everyday tasks eg managing finances, housekeeping, using public transport; improving personal relationships; accessing clinical support; connecting with other programs or activities. Up to 3 hours' support per week.		Available throughout Shire.		8572 7700	8572 7799	Patients must be 16 years or over. Need not have confirmed MH diagnosis initially. Referral form available.
SUPPORT	Recovery and Resources Services Program (NEAMI - mental health NGO)	Support visits once per week or fortnight for people aged 16+ yrs with diagnosed mental illness. Aim is to increase self-reliance and to assist them to access social, recreational, educational and vocational services.	96 Queen's Road	HURSTVILLE	2220	9570 5933 or 0423 027 461	9570 5988	Services provided to residents of Sutherland Shire via Hurstville office. Free services. Referrals to Julie Payne, manager, via phone, fax or email: julie.payne@neami.org.au

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SUPPORT GROUP	Anxiety Disorder Support and Information (ADSI)	Anxiety support group run by Mental Health Association NSW. Group meets 3rd Saturday of each month at 1pm.	Sutherland United Services Club, 7 East Pde	SUTHERLAND	2232	1300 794 992		Also groups in other locations and groups for OCD. Website: www.ada.mentalhealth.asn.au
SUPPORT GROUP	GyMEA Community Support Group - Challenging Anxiety and Depression	Social support group for those with anx and dep. Aim is to enhance members' ability to cope with their condition. First and third Friday of each month from 9.30-11.00am. Facilitator Christine Tang-Pearce, with guest speakers.	39 GyMEA Bay Road	GYMEA	2227	9524 9559	9524 1179	Free but gold coin donation acceptable. Email censervice@gcais.ngo.org.au
SUPPORT GROUP	Sutherland Bipolar Support Group (Depression & Mood Disorders Association)	Monthly group meeting for people with bipolar disorder and their carers. Provide support, information, resources and positive ideas.				1300 794 991		Group meets on the 2nd Sunday of each month. Ring 1300 number for venue and information.
TORTURE AND TRAUMA	Service for Treatment and Rehabilitation of Torture and Trauma Survivors (STARTTS)	Counselling, personal support and training (eg to find work) for survivors of torture and trauma.		CARRAMAR		9794-1900		No fee
TRANSPORT	Sutherland Shire Community Transport	Transport to medical appointments etc		SUTHERLAND SHIRE		9542-6244		Give a couple of days' notice
TRAUMA / EMDR	Nick Cocco			MIRANDA	2228	9389-9459		
VOLUNTEERING	Volunteer Link	Places volunteers with appropriate organisations		SUTHERLAND & ST GEORGE		9580 5822 or 9580-9055		

<i>Issue</i>	<i>Provider</i>	<i>Services Provided</i>	<i>Address</i>	<i>Suburb</i>	<i>P'code</i>	<i>Phone</i>	<i>Fax</i>	<i>Comments</i>
YOUTH	Child, Youth and Family Service (Caringbah Community Health)	Individual, family, group counselling . Social skills and self-esteem groups. Parenting adolescents program. Stress management and relaxation groups for senior students.	Caringbah Community Health, Sutherland Hospital	CARINGBAH + ENGADINE, MENAI CHCs		9522 1000, 9520 4644, 9543 1111		Adolescents can ring to make appt. Free service.
YOUTH	Dept of Education - School Counsellors (with teaching and counselling/ psychology qualification)	All State schools offer a School Counsellor (SC) service for K-Yr12, usually part time depending on school size. SCs contribute to the welfare, counselling and psychological & educational assessment at schools. They provide advice, resources and support to families with a child with special needs. Collaboration and liaison with other services/ organisations as required, with student's permission as appropriate.	As per school	As per school		As per school	As per school	Contact relevant school to access school counsellor or contact Miranda office (9531 3900) to identify relevant school/school counsellor.
YOUTH	RAPS (Resources for Adolescents and Parents)	Adolescent, family therapy and mediation service, part of Relationships Australia.	Suite 102, Level 1, 18-20 Ross St	PARRAMATTA	2151	9890 1500 or 1800 654 648	9890 1170	Based in Parramatta but has other offices.

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YOUTH	Reconnect Mental Health (Psychologists)	Family focussed intervention strategies such as coaching, mediation, individual counselling, and family therapy with young people (12-18 yrs) and their families who are at risk of homelessness and where there are mental health concerns. Specialising in coaching.	5/350-352 Port Hacking Road	CARINGBAH	2229	9542 5699	9526 6143	Free service. Medicare registered general psychologist. Website: www.reconnect.salvos.org.au Email: michelle.booker@ae.salvationarmy.org
YOUTH	Shire Wide Youth Services	Provides information and support for 12-24 year olds in areas such as D&A, sexual health, family/parenting issues etc. Outreach services outside office hours. Medium to long term accommodation. Court support. Mental health. Activities.	PO Box 333	MIRANDA	1490	9525 7919	9525 1991	Social workers, psychologists, youth workers available. Free services. Website: www.shirewideyouth.org.au Email: admin@shirewideyouth.org.au Services located at Kiora Park Youth Centre, Miranda, and Menai Youth Project, Alison Cres, Menai.
YOUTH	Sutherland Family Counselling Service. Yvonne McDonell, BSW, MSW	Family therapy for adolescents and their family to prevent homelessness.	PO Box 288	SUTHERLAND	2232	9521-5130	9545 4311	No fees. Email: ymcdonell@bigpond.com Some after hours appts available by arrangement.
YOUTH	The Bridge Youth Refuge	Crisis accommodation for 16 and 17 year olds. 24 hr / 7 day service. Living skills, counselling for residents.	PO Box 288	SUTHERLAND	1499	9521 6182	9545 4311	Street address not widely circulated. Board payable, 25% of income.