



## Why see a Psychologist?

Psychologists study the way people think, feel, act and interact.

Psychologists help mentally healthy people to function better and help people with mental illness to recover their optimal level of functioning.

With sixteen years of professional experience, clinical assessment and therapy services have been provided to people with a range of challenges, including:

- Depression and bipolar disorders
- Anxiety disorders- social anxiety and phobias.
- Stress related difficulties
- Self esteem issues
- Relationship difficulties
- Adjustment to life events/medical/health conditions
- Psychotic illnesses
- Grief and loss
- Trauma

## Referrals and Appointments

Your GP may provide you with a written referral to see me. You are welcome to make an appointment to see me without a direct referral.

Clinics are conducted at two sites: On Tuesdays and Wednesdays at Belgian Gardens, (0424 308 131). On Thursdays at 28 Bamford Lane, Kirwan (4773 30330).

Sessions are usually 50-60 minutes and the fee is \$150. Longer or shorter sessions, and visits away from clinics can be negotiated. Payment is by cash or cheque at the end of each session.

Partial reimbursement of costs are available from your private medical insurance, depending upon your rate of cover. If you are referred by your GP under a Mental Health Plan you may recover \$75 per session (current rate) from Medicare. You will need to discuss this issue with your GP.

Services are by appointment only and can be made by contacting me on my mobile number for either address, or by phoning The Quacks group for the Kirwan locality.

Emergency or after hours coverage is not available. A 24 hour telephone support is available from Lifeline (131114). Emergency support is available though the Community Assessment & Treatment Team on 4799 9480 from 9am-8pm weekdays and 11am-5pm on weekends.

## Confidentiality

This Practice respects and upholds the right to privacy of all clients. Psychologists conform to the National Privacy Principles and follow the ethical codes of practice set and monitored by the Australian Psychological Society and the Psychologists' Registration Boards in each State.

As well as helping with arranging appointments, written information is collected from you to assist me to understand what is troubling you and what therapeutic services might be helpful. This information is stored in a secure, locked location at all times. No personal information will be disclosed to any other person except with your permission. The exceptions to this policy relate to my legal and ethical responsibilities to act to maintain your safety and that of other persons, or if a subpoena is served to access a file.

## PSYCHOLOGIST

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