

- 1800 77 65 61 or 0411 622 666
- donna@donna-stone.com.au
- www.donna-stone.com.au



Psychologists & Counsellors List

Below are is a list of some SEQ Psychologists and Counsellor that I would recommend as I've heard good things about them. I do suggest you speak to a couple, to see who you feel most comfortable with and may be a best fit for your needs. Also ask about their availability and wait periods. Below are listed in alphabetical order. At the bottom are a range of support numbers / websites and please remember you can reach out to your GP/Doctor.

1. **Benchmark Psychology - Dr Aaron Frost**
Clinical Psychologist – based in Mt Gravatt.
Phone: 3349 5511 <https://www.benchmarkpsychology.com.au/>
2. **Mandy Dexter Psychologist – Mandy Dexter**
Psychologist – based in Rockhampton. NDIS Provider.
Phone: 4921 1224 <http://www.mandydexter.com.au/>
3. **Pearl Counselling & Parenting – Diane Rooker**
Counsellor – servicing Redlands & Bayside
Phone: 0416 005 177. <https://pearlcounsellingandparenting.com.au/>
4. **Power of Change Counselling - Helen Harrison**
Counsellor (member Australia Counselling Association) - based in Redlands
Phone: 0439 889 969. <http://www.powerofchange.com.au/>
5. **The Psyche Professionals – Approx 15 team; both genders.**
Clinical Psychologists and varying qualifications - based Capalaba and Logan
Phone: 3801 1772 (Loganholme) or 3823 2230 (Capalaba) <https://psychprofessionals.com.au/>

You can also access low cost or free options via the following resources:

- Lifeline 13 11 14
- Kids Helpline (5-25 year olds) 1800 55 18 00
- Mensline Australia 1300 78 99 78
- www.beyondblue.org.au or 1300 224 636
- ASID – Alcohol & Drug Info 1800 177 833
- <https://mentalwellbeing.initiatives.qld.gov.au>
- Website <https://www.headspace.com>
- Aust. Govt. <https://headtohealth.gov.au>
- Panda (Postnatal Support) 1300 726 306
- Respect (Domestic Violence) 1800 737 732

Remember there is help; you are not alone; reach out to someone to talk to. Wishing you all the best!

Donna Stone – Director

Accredited Mental Health First Aider

Dip Acct'g, Cert IV AWT, AIMM, MIPA, ILPM