

- 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 Queensland Psychologists and Counsellors. This is not an exhaustive list, but something to get you started. I do suggest you speak to a couple, to see who you feel most comfortable with and who may be a best fit for your needs. Also ask about their availability and wait periods. Below are listed in alphabetical order. **If it's an emergency, call 000.**

On the next page are a range of support numbers and websites. Please remember you can reach out to your local GP or Doctor. Included over the page are also Indigenous support groups in northern Queensland.

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. **Realising Possibilities – Helen Sheeran**
Counselling, Hypnosis & Clinical Supervision – based in Townsville
Phone: 0403 316 951 <https://realisingpossibilities.com.au/>
6. **Skills4Life Psychology – Heidi Ruef**
Psychologist – based in Redlands, Queensland
Phone: 0477 187 768 <https://skills4lifepsychology.com.au/>
7. **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/>

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Low Cost or Free Resource & Support Options

You can also access low cost or free options via the following resources: **If it's an emergency call: 000**

- 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
- Suicide Callback 1300 359 467
- ASID – Alcohol & Drug Info 1800 177 833
- 1800 Chaplain 1800 24 27 52
- Mindspot 1800 61 44 34
- <https://mentalwellbeing.initiatives.qld.gov.au>
- Website <https://www.headspace.com>
- Aust. Govt. <https://headtohealth.gov.au>
- Panda (Pre/Postnatal Support) 1300 726 306
- Respect (Domestic Violence) 1800 737 732
- Defence Prsnl <https://www.openarms.gov.au>
- TIACS (for blue-collar workers): 0488 846 988
- Remember, you can also reach out to your GP.

Plus, there are many apps available to help improve your mental wellness (in alpha order: 3 Good Things, CalmHarm, Keen2, Mentemia, Moodkit, MoodMission, Pillboxie, Smiling Mind, Soon, Worry Time etc.

Indigenous Support Groups – Primarily Based North Qld or Online

1. Townsville Aboriginal & Islander Health Service (TAIHS) with a satellite office in Charters Towers. Separate men's and women's groups and in-house psychiatrists and psychologists.
<https://www.taihs.net.au/taihs-services/health/social-emotional-wellbeing-services/>
2. If you're interest in more social or group support, then call: ring 4759 4000.
For Men's Groups – Buddas in Arms – ask for Joseph.
For Women's Groups – ask for Vicki or Tracy.
3. Emotional Wellbeing Team (for one-on-one counselling) – ring 4759 4000.
4. Or view this link for Black Dog Institute:

<https://www.blackdoginstitute.org.au/resources-support/for-aboriginal-and-torres-strait-islander-peoples/>

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

Donna Stone – Director / Coach
Accredited Mental Health First Aider
Adv Dip Acct'g, Cert IV AWT, AIMM, MIPA, ILPM

