

MENTAL HEALTH & YOU

REFERRAL LIST

If you are struggling with your mental health, the first step is to visit your GP.

Counsellors

Emmelyn Chong (Mortdale) **Tuvan Rochford** (Glebe) Sydney Biblical Counselling Sydney Christian Counselling

www.sydneybiblicalcounselling.com www.sydneychristiancounselling.com.au/tuvan

Matt & Robyn Neufeld (Annandale) Veronica Pym (Neutral Bay)

Relational Wellness The Family Systems Practice
www.relationalwell.com www.thefsp.com.au/veronica-pym

Anna Moss (Hurstville/Neutral Bay)

The Family Systems Practice

Joanne Charles (Newtown)

Golden Grove Healing Centre

Psychologists

www.thefsp.com.au/anna-moss

Dr Kam Wong (Pymble) Dr Amy Datyner (Westmead)

Child & Adolescent Psychiatrist Psych Stuff for Kids

Metta Clinic <u>www.psychstuff4kids.com.au/psychologist/dr-amy-</u>

www.mettaclinic.com.au/team-view/dr-kam-wong datyner

Dr Mel Fung (Glebe)Valerie Ling (Gordon)www.sydneychristianpsychologist.com.auEffective Living Centre

www.effectiveliving.com.au/practitioners

Dr Jenny Brown (Neutral Bay)Jessica Buster (Gordon)The Family Systems PracticeEffective Living Centre

www.thefsp.com.au/jenny-brown-psychologist www.effectiveliving.com.au/practitioners

Helplines

Mental Health Line 1800 011 511 Lifeline 13 11 14

Beyond Blue 1300 22 46 36 www.beyondblue.com.au (online chat available)