

EMERGENCY CONTACTS

Sometimes things feel particularly acute. If you feel like self-harming or you or a friend are in distress, the following numbers connect to trained individuals 24 hours a day, 7 days a week. Never be afraid to ring these numbers, the people who you talk to are well trained and will never make you feel foolish for ringing. If in doubt, give them a ring.

NSW Department of Health Mental Health Line: 1800 011 511

Beyond Blue: 1300 22 4636 or chat online <https://www.beyondblue.org.au/>

Lifeline: 13 11 14 <https://www.lifeline.org.au>

Kids Helpline: 1800 551 800 for young people 5-25 years <https://kidshelpline.com.au/>

Suicide Call Back Service: 1300 659 467 <https://www.suicidecallbackservice.org.au/>

MensLine Australia: 1300 78 99 78 for men of any age <https://mensline.org.au/>

LOCAL GPs

Newtown:

Practice & Address	Contact Number	Hours	Bulk Billing	Recommended Doctors
Broadway General Practice Level 1 Broadway Shopping Centre https://broadwaygeneralpractice.com.au/	8245 1500	Open 7 days	Private billing practice and fees are based on a discount AMA rate.	
Church Street Medical Practice 280 Church Street, Newtown	9516 2944	Mon-Fri 8am-6pm, Sat 8am-1pm	Health Care Card holders can ask for a bulk billing doctor	Dr Sean Kristofferson (Christian) Dr Katherine Bruce

Getting a GP in Newtown as a new patient can be difficult; you might want to ask your chaplain or cohort for recommendations.

Croydon Park:

Practice & Address	Contact Number	Hours	Bulk Billing	Recommended Doctors
Your Doctors 3 Lackey Street, Summer Hill	9797 3900	Mon-Fri 8am-6pm Sat 8am-12pm	Bulk billing for children and Health Care Card holders	
Your Doctors 37 Henry St, Ashfield	8090 6833	Mon-Fri 8am-6pm	Bulk billing for children and Health Care Card holders	
The Village General Practice 130 Smith Street, Summer Hill	9516 2944	Mon-Thurs 8am-8pm Fri 8am-6pm Sat 8am-4pm	Bulk billing for Health Care Card holders	
Concord Family Doctors 19 Brewer St, Concord	9739 6300	Mon-Fri 8:30am-6pm Sat 9am-12pm	Bulk billing for students, children & Health Care Card holders	Dr Colin Chu Dr Susan Cheah

Moorewest:

Practice & Address	Contact Number	Hours	Bulk Billing	Recommended Doctors
Paramatta Medical Centre 20 Victoria Rd, Parramatta NSW 2150	97621041	Mon-Fri 8am-7pm. Sat-Sun 9am-3:30pm	Bulk billing for weekday consultations only	

Helplines:

Healthdirect: a 24/7 telephone health advice line staffed by registered nurses
1800 022 222 <https://www.healthdirect.gov.au/>

Pregnancy, Birth and Baby: general advice and support about pregnancy, childbirth and parenting up to five years
1800 882 436 <https://www.pregnancybirthbaby.org.au/>

LIST OF MENTAL HEALTH PROFESSIONALS

Counselling is often a deep and personal process and so the relationship of trust you develop with the counsellor is extremely important. Sometimes this takes time to develop. The Dean of Students and the Dean of Women regularly refer students to counsellors on this list which has been compiled in conjunction with mental health professionals, to offer support and help for those dealing with mental health struggles.

Please speak with your chaplain if you require more information or help making a decision

Counsellor/Practice & Address	Contact Details
Anglicare Summer Hill 1 Sloane St Summer Hill Fiona Simpkins Fiona Dicker Maru Gualdoni Elizabeth Taylor Jenny Nixon	9798 1400 https://www.anglicare.org.au/
Centre for Effective Living G06/27 Merriwa Street, Gordon NSW 2072	1800 832 588 reception@effectiveliving.com.au http://www.effectiveliving.com.au
The Family Systems Practice St Barnabas Church Broadway, 57-61 Mountain Street, Ultimo . & Suite 4, Level 1, Cremorne Town Centre, 287 Military Road, Cremorne NSW 2090 Jenny Brown Anna Moss Laura Errington	9904 5600 contact@thefsp.com.au http://www.thefsp.com.au/
Emma Robinson Level 1, 572 Willoughby Road, Willoughby , NSW 2068	contact@dremmarobinson.com.au https://www.dremmarobinson.com.au/
Penny Wilkinson Penny Wilkinson Counselling Services SUITE 13, LEVEL 2, 1 JORDAN ST, GLADESVILLE , AUSTRALIA	https://pennywilkinsoncounsellor.com/ (book appointments online)
Nicolette Deva	0410 650 895

Psychologist 162/822 Bourke Street, Waterloo ,	info@nicolettedeva.com http://nicolettedeva.com/
Mel Fung	0402 545 565 mel@scpsych.com.au https://www.sydneychristianpsychologist.com.au/
Van Tester Psychologist - Life Care Inner West, Suite 1/50 Great North Road, Five Dock	9712 5311 confidential@lifecareinnerwest.com.au https://www.lifecareinnerwest.com.au/about-us/van-tester/
Resilience Centre , Suite 401, Level 4, 51 Rawson St, Epping Lyn Worsley Adam Wright Kristen Bayliss	9869 0377 confidential@theresiliencecentre.com.au https://www.theresiliencecentre.com.au/
Clare Speirs Clinical Psychologist Online consultation for Sydney clients, occasional visit to Sydney. Face to face consultation at 482 Macauley, St Albury NSW 2640	0412940522 (business hours only) clarespeirspsychology@gmail.com
Sarah Jacob Gordon Psychology, Suite 3, 788a Pacific Highway, Gordon	0416 254 189 http://www.gordonpsychology.com.au/
Greg Powell The Mindspace, Suite 43, 90 Mona Vale Road, Warriewood	8208 5958 reception@themindspace.com.au http://www.themindspace.com.au
Bridges Counselling William Fernandes David Bridges Oatlands/Parramatta	9683 1444 enquiries@bridgescounselling.com.au https://www.bridgescounselling.com.au
Associated Psychology Michelle Day (Grosvenor) Penrith	4722 3137 https://apppractice.com.au/our-team/sarah-playsted/ https://apppractice.com.au/our-team/michelle-grosvenor/
Kim Morris MBM Rooty Hill	0431071969 https://mbm.org.au/counselling/
Sandy Morrison Lower Blue Mountains Clinical Psychology Centre Warimoo	0401918744 http://www.lowermountainsclinicalpsychology.com.au/

Ali Muscat Ministry for Life Annandale	0493 519 525 hello@ministryforlife.com.au www.ministryforlife.com.au
Miriam Chan New Leaf Centre 1 Clarence Street, Burwood	+61 468 345 349 newleafcounsellingservice@gmail.com https://www.newleafcentre.com.au/
Zebra Psychology Neutral Bay	0431 959 390 admin@zebrapsychology.com https://zebrapsychology.com/
Wesley Macintyre Blaxland & Penrith	0493 711 081 wesleymacintyrepsychology@gmail.com https://wesleymacintyrepsychology.com.au
Sarah Hindle Magenta Place Suite 4, 96 Norton Street Leichhardt , NSW 2040	0451 749 747 sarah@psychsmarttherapy.com.au https://www.psychsmarttherapy.com.au/home
Meg Cook 1/572 Willoughby Rd, Willoughby , 2068	0434 769 484 meg@megcookcounselling.com https://www.megcookcounselling.com
Monica Cook 1/572 Willoughby Rd, Willoughby , 2068	monica@reconceived.com.au https://www.reconceived.com.au
Dr Andrew Hartshorn Dr Mark Sanbrook Unit 110, Ground Floor, 40-48 Atchison Street, St Leonards , NSW 2065	(02) 9439 2469

SUPPLEMENTARY LIST OF MENTAL HEALTH PROFESSIONALS

(Received from the Equip Ministry Wives Committee)

Sydney based Psychologists & Counsellors

Joanna Bailey – Psychologist	Castle Hill	email@bluebirdpsychology.com.au (02) 96595696
Sue Bartho - Psychologist	Hornsby	sue.bartho@wellontheway.com.au https://wellontheway.com.au/ 0419 980 246
Deswyn Bird - Counsellor	Alford's Point	0408 876 282

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Source: MTC Student Guide to Mental Health

Magdalena Liem – Counsellor	Castle Hill, Paramatta	https://www.newroadscounselling.com.au/ 0433 446 901
Ruth Speziale – Counsellor	Pymble, Concord	0422 602 253
Veronica Pym	St Leonards	0409 161 172
Sydney Based Organisations & Practices		
Baptist Care – Counsellors	Bankstown, Campbelltown, Central Coast, Newcastle	https://baptistcare.org.au/counselling/ 1300 275 227
Merrylands Counselling - Counsellors	Merrylands	https://merrylandscounselling.com.au/ admin@merrylandscounselling.com.au (02) 9760 1110
Motivating Minds Psychological Practice	Engadine	https://www.motivatingminds.com.au/ enquiries@motivatingminds.com.au (02) 9520 8606
Alpha Psychological Solutions		https://alphapsych.com.au/ Info@alphapsych.com.au