

## St John's Anglican Church Counselling and Psychology Directory

This list has been compiled and is regularly updated by the pastoral care team at St John's. It comprises practices that have trained and accredited professionals who are linked with their professional associations and whom we have had positive experiences with in the past.

If you are looking for the support of either a counsellor or a psychologist it may be helpful to first visit your GP. Your GP can assist you with designing a mental health care plan which allows you to receive a Medicare rebate for part of the cost of treatment. For further information on mental health plans please access <https://www.healthdirect.gov.au/mental-health-treatment-plan>

It is important to note that this is not an exhaustive list, and you may find another therapist or have someone else recommend someone to you who is a good fit for you.

Some helpful tips –

- 1 Take a look at their website and get a feeling for the psychologist, their speciality and how they work.
- 2 Ring and chat with them about your situation. Also ask about fees, as they are not cheap. Ask if they are able to reduce their fee because of your circumstances. You may be able to claim through your health fund if you have appropriate cover.
- 3 The choice is yours. If you don't like a psychologist or counsellor, you can go to another one - as you would a GP.
- 4 If you need assistance with this process, please contact the Care Pastor, Ann Cunningham or another member of staff team at St John's, 9484 1143.

<b>Name/practice</b>	<b>Therapist type</b>	<b>Location</b>	<b>website/contact details</b>
ANGLICARE COUNSELLING	Psychology Counselling	various	<a href="http://www.anglicare.org.au/counselling">www.anglicare.org.au/counselling</a> 1300 651 728
CENTRE FOR EFFECTIVE LIVING	Psychology	Gordon	<a href="http://www.effectiveliving.com.au">www.effectiveliving.com.au</a> 1800 832 588
BRIDGES COUNSELLING	Psychology Counselling	Oatlands Norwest	<a href="http://www.bridgescounselling.com.au">www.bridgescounselling.com.au</a> 9683 1444
RESILIENCE CENTRE	Psychology	Epping	<a href="http://www.theresiliencecentre.com.au">www.theresiliencecentre.com.au</a> 9869 0377
EZRA @ MORLING COLLEGE	Psychology Counselling	Macquarie park	<a href="http://www.ezra.org.au">www.ezra.org.au</a> 8197 1746
CROSSROADS COUNSELLING	Counselling	Pennant Hills	<a href="http://www.crossroadscounselling.come.au">www.crossroadscounselling.come.au</a>

## FINANCIAL COUNSELLING

Christian Community Aid

West Ryde

[www.ccas.org.au](http://www.ccas.org.au)

9858 1377

THE SALVATION ARMY

Parramatta

[www.salvos.org.au/moneycare](http://www.salvos.org.au/moneycare)