

2019

JMO Guide Mental Health Resources



Health
Hunter New England
Local Health District



Calvary

Mater Newcastle



Mental Health Wellbeing and Support

Doctors Health Advisory Service

Helpline providing advice to students and practitioners facing difficulty.

T: (02) 9437 6552 (available 24/7)

W: <http://dhas.org.au/>

NSW Mental Health Line

Telephone assessment and referral service providing advice about clinical symptoms, the urgency of need for care information about local service providers. Where appropriate they can put you in contact with the local mental health crisis or acute care team.

T: 1800 011 511 (available 24/7)

Beyond Blue

Information on depression, anxiety and how to help yourself or someone you care about.

T: 1300 22 4636 (available 24/7)

W: <https://www.beyondblue.org.au/>

Lifeline

Crisis support with a key focus on suicide prevention in Australia.

T: 13 11 14 (available 24/7)

<https://www.lifeline.org.au/>

Suicide Call Back Service

Free nationwide telephone and online counselling for anyone affected by suicide or suicidal thoughts.

T: 1300 659 467 (available 24/7)

Black Dog Institute

Research and community-oriented institute with information on diagnosis, treatment and prevention of mood disorders

T: (02) 9382 4530

W: <https://www.blackdoginstitute.org.au/>

Headspace

The National Youth Mental Health Foundation, aimed at providing free help to young people (aged 12-25) who are going through a tough times.

T: 1800650890

W: <https://headspace.org.au/>

SANE Australia

A support, training and education service with information about mental illness, treatments and carer support

T: 1800 18 SANE (1800 18 7263 available 9am-5pm weekdays)

The Butterfly Foundation

Supporting adults with eating disorders and negative body image issues.

T: 188 ED HOPE (1800 334673 – available 8am – 9pm weekdays)

W: <https://thebutterflyfoundation.org.au>

Blue Pages

Research Centre providing information on depression based on systematic reviews. Also offers screening tests for depression and anxiety.

<https://bluepages.anu.edu.au/>

Healthdirect

Free expert telephone advice, from a registered nurse or after hours GP.

T: 1800 022 222 (available 24/7)

W: <https://www.healthdirect.gov.au/>

Griefline

Dedicated grief helpline service providing counselling and support following bereavement, hardship or loss.

T 1300 854 745 (midday – 3am 7 days a week + 24/7 online counselling)

<https://griefline.org.au/>



JMO Wellbeing

MensLine Australia

Phone, online support and referral service for men with family, relationship and wellbeing concerns.

T: 1300 78 99 78 (available 24/7)

Q Life

Counselling and referral service for people of diverse sex, genders and sexualities. For all ages.

T: 1800 184 527

W: <https://qlife.org.au/>

Relationships Australia

Provides phone relationship support counselling services for individuals, families and communities

T: 1300 364 277

W: <http://www.relationships.org.au/>

1800Respect

National sexual assault, domestic and family violence counselling service.

T: 1800RESPECT (1800 737 732, available 24/7)

W: <https://www.1800respect.org.au/>

DRUG AND ALCOHOL SUPPORT

Australian Drug Foundation

Australia's leading body committed to the prevention of alcohol and other drug problems in the community. Provides alcohol and drug support services in each state as well as information on alcohol and drugs.

T: 1300 85 85 84

W: <https://adf.org.au/>

Drug and Alcohol Counselling

Online Free online counselling.

T: 1800 888 236 (available 24/7)

W: <https://www.counsellingonline.org.au/>

GAMBLING SUPPORT

Gambling Help Online

Offering counselling, information and support online (email and live chat) and by phone.

T: 1800 858 858 (available 24/7)

G-Line

Free confidential helpline offering counselling for people affected by gambling problems

T: 1800 633 635 (available 24/7)

FINANCIAL SUPPORT

Medical Benevolent Association of NSW

Free and confidential service providing financial assistance and counselling support to all registered medical practitioners and medical students.

T: (02) 9987 0504

W: <https://www.mbansw.org.au/>





ONLINE PROGRAMS AND APPS

THIS WAY UP

Free information and brief online courses designed to help people overcome depression and anxiety. Courses can be taken as self-help or used under guidance of a GP or mental health professional.

W: <https://thiswayup.org.au/>

e-couch

Online program for preventing and coping with depression, generalised anxiety disorder and social anxiety disorder.

W: <https://ecouch.anu.edu.au/welcome>

MindSpot Clinic

Free online and phone service providing assessment and treatment for adults with anxiety and depression.

T: 1800 614 434

W: <https://mindspot.org.au/>

MoodGYM

Free online cognitive behaviour therapy program for preventing and coping with depression provided by the Centre for Mental Health Research.

W: <https://moodgym.com.au/>

OnTrack

Supporting the journey to health and wellbeing by offering free access to online programs, information quizzes and advice.

W: <https://www.ontrack.org.au>

myCompass

Internet and mobile phone self-help program provided by the Black Dog Institute designed to help people with mild-moderate anxiety and depression

W: <https://www.mycompass.org.au/>

Headspace – app

Guided meditations and mindfulness techniques to help you with stress, sleep, focus and anxiety

W: <https://www.headspace.com/>

eCentreClinic

Free online treatment courses for people with symptoms of worry, anxiety (including OCD and PTSD) stress, depression, low mood and other health conditions, including chronic pain.

W: <https://www.ecentreclinic.org/>

BeyondNow – app

Suicide safety planning app designed to help people experiencing suicidal thoughts or feelings. The app prompts you to create a structured plan – ideally with support from your health professional or someone you trust. You work through this plan when you're experiencing suicidal thoughts, feelings, distress or crisis.

Download from the App Store or Google Play or use the web version:

<https://www.beyondblue.org.au/get-support/beyondnow-suicide-safety-planning/create-beyondnow-safety-plan>

Head to Health

This site is managed by the Australian Department of Health. It provides links to mental health organisations, evidence based apps and online programs, forums, phone chat and email services.

W: <https://headtohealth.gov.au/>

Smiling Mind – app

Mindfulness app developed by psychologists to help bring balance to your life.

W: <https://www.smilingmind.com.au/>

Calm – app

Meditation and mindfulness app to help you manage anxiety, lower stress and sleep better.

W: <https://www.calm.com/>



PSYCHOLOGISTS: NEWCASTLE NSW

All psychologists in Australia hold general registration with the Psychology Board of Australia, meeting high standards in education, training, supervised practice, ethical and professional standards and ongoing professional development. When you seek help from a psychologist you might see a psychologist with general registration, or one who has a specific 'area of practice endorsement' (such as clinical psychology). Whichever type of psychologist, you should expect the same quality of care, ethical behaviour and standards of practice.

The psychologists listed below have been recommended by colleagues, GP's and mental health practitioners for their experience and interest in treating medical professionals. We do not endorse these psychologists and have no special arrangements with them. Please use your own discretion in checking that the psychologist you select is the right one for you.

If you're unsure of what might work for you, speaking to your GP is a good place to start. If you need help finding a GP or mental health professional visit <https://www.beyondblue.org.au/get-support/find-a-professional>

[Dr Gillian Maddock](#)

21 Canberra Street
Charlestown
T: (02) 4946 2088

Linda Thomas

[Med-Psych](#)

368 King Street Newcastle
T: (02) 4929 4882

[Lyn Anniwell](#)

ATUNE Health
Belmont, Warners bay and
cardiff
T: (02) 4954 4511

Penny Marshall

[Forest for the trees Perinatal Psychology](#)

19 Queen Street, Cooks Hill
T: 0474 251 669

Felicity Fizelle

[Nelson Bay Allied Health](#)

1/35 Stockton St Nelson Bay
T: (02) 4981 5660

Dr Catherine Dorward

[Nova Health](#)

3/228 Union Street
Merewether
T: 0457 258 576

[Paul Smith](#)

220 Lambton Road
New Lambton
T: 0487 575 533

[Liz Ditton](#)

Esteem Psychology
36 Union Street Newcastle
T: (02) 4926 4198

[Frank Van de Mortel](#)

Brighter Horizon Psychology
T: 0410 629 551

[Dr Stuart Edser](#)

Newcastle Psychology and
Health
20 Kendall Street, Lambton
T: (02) 4952 9777

Belinda Walsh

17 Russell Ave,
Adamstown Heights
T: 0414 907 534
No website found

[Lesa Mason](#)

Hudson Street, Specialist
Centre
48 Hudson Street Hamilton
T: (02) 4961 0330

[Sandy Hungerford](#)

26 High Street
The Hill
T: 0412 831 212

[Will Vorobioff](#)

6A Elizabeth Street
Tighes Hill
T: (02) 4965 3434

Taryn Stubbs

[Mind Source Psychology and Counselling](#)

8 Hudson Street Hamilton
T: (02)4962 1996

Sally Holmes

Cooks Hill (address provided
upon referral)
T: 0418 664 122



Newpsych Psychologists
Level 4, 77 Hunter Street
Newcastle

T: (02)04926 5005

- [Emma Brown](#)
- [Sarah Conlan](#)
- [Tarnya Davis](#)
- [Sue Ferguson](#)
- [Ben Fletcher](#)
- [Mathew Jepson](#)

The Psychology Place
Suite 15/Level 2 OTP House
10/14 Bradford Close kotara

T: (02) 4956 3353

- [Angela Bates](#)
- [Meg Spry](#)

The Life Wise Centre
123a Mt Pleasant Street
Maitland

T: (02) 4932 0432

- [Rob McAlpine](#)
- [John Mowatt](#)

16 John Street Warners Bay

T: (02) 4948 1226

- [Fiona Hellyer](#)

Psychology One
1/70 Northcott Drive Kotara or
1/492 The Esplanade,
Warners Bay.

[Meet the team](#)

- Danielle Adams
- Dr Danielle Anthony
- Dr Kathy Dynan
- Dr Kristie Saultry

[Life Matters Psychologists](#)

200 Glebe Road Merewether

T: (02) 4965 3530

[Meet the team](#) including

- Jay Richards
- Elizabeth Walsh

OTHER RESOURCES AND PROFESSIONALS

