

Bulk-billed counselling support

Everyone faces challenges.
Anyone can experience
stress or trauma.
Everyone has the right to
quality no-cost mental
wellbeing support
and therapy,
especially those living
with disadvantage.

St John of God Mental Wellbeing Services is a short-term no-cost mental health and psychological therapy service. We support persons aged 16 and up who experience mild to moderate mental health needs, and prioritise those experiencing disadvantage. Our experienced team includes psychology, mental health social work, mental health occupational therapy and creative arts therapy.

How to refer

Referrals are made by a GP, who will need to complete both a referral letter and a Mental Health Treatment Plan (MHTP). Both documents may be emailed to us at mentalwellbeing@sjog.org.au or faxed to **1800 313 008**.

What happens next

When we receive both the referral and MHTP, we will make contact in the following week to discuss your needs and ensure that we are a good fit. If we are, we aim to book a first appointment in the next four weeks. When we are unable to assist, we seek to work with you and your GP to locate alternate options.

Please contact **1800 313 016** for more information or to discuss a referral.



ST JOHN OF GOD
Mental Wellbeing Services

Hospitality | Compassion | Respect | Justice | Excellence