

Why see a psychologist?

- There is a difference between how your life is and how you want it to be.
- Despite your best intentions to change things, progress isn't being made.
- Symptoms of anxiety and depression can be overwhelming and you may not know what to do.
- You might feel you're too much inside your own head, over-analysing everything, but never changing. An objective third party could make the difference.
- You may think you "just need to do it", but it never seems to happen.
- You know what you want to achieve, but can't work up the motivation to do so.
- You need a safe space to let down your walls, knowing there will be no judgement.

How does it work?

Privately

If you'd like to be seen privately, you can book over the phone, email, or online now with no referral required.

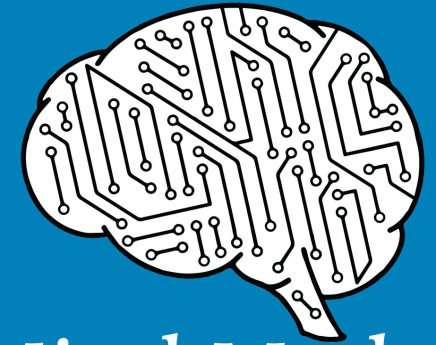
Through Medicare

First you will need to book an appointment with your GP to develop a Mental Health Care Plan. This will allow you to receive Medicare rebates for a certain amount of sessions within the year. Ask your GP to fax your referral to Mind Mode, then book in for an appointment.

Through a Third Party

If you have an NDIS plan, insurance claim, have been in defence or have had a family member work in defence, etc. then you may be eligible for funding. Contact us for more details.

Still not sure? Call us, we can discuss your options with you.



Mind Mode
Professional Psychological Services

**INDIVIDUAL THERAPY FOR
ADULTS & CHILDREN**

COUPLES THERAPY

GROUPS

**ONLINE, PHONE & VIDEO
CHAT THERAPY**

**PROVISION OF SERVICES
UNDER OPEN ARMS, EAP,
NDIS, WORK COVER & MORE**

What is a psychologist?

"A psychologist is a professional trained in the science of how people think, feel, behave and learn," (Australian Psychological Society, 2021).

In Australia, a psychologist must complete a minimum of six years of education and training.

Each psychologist may vary in their areas of expertise and training, so if there is something specific you are seeking help for it is important to ensure you find the right fit for you.



**Cathy
Hayes**
Principal Psychologist



**Melinda
Hickey**
Psychologist



**Marie-Claire
Biddle**
Psychologist



**Rebecca
Bonfield**
Clinical Psychologist



**Helena
Rontziokos**
Psychologist



**Ailsa
Graham**
Psychologist

Mind Mode

We are a Wollongong-based practice of friendly and professional psychologists with training and experience in a variety of modalities.

Visit our website to find out more about the services we provide.

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