



Our experienced, qualified psychologists offer a confidential, safe environment to support you and your mental wellbeing.

Psychological Services



Lifeline

HARBOUR TO HAWKESBURY
SYDNEY

We're here to help you build your coping strategies, resilience and get you back on track.

Our **AHPRA registered psychologists** are known for their expertise and can help with depression, anxiety, bipolar disorder, obsessive compulsive and panic disorders, post traumatic stress disorder, complex trauma, chronic pain and more.

With Lifeline, you're in good hands.

- Psychological Services are **bulk-billed sessions** at no out-of-pocket expense
- Appointment-only sessions are held in person using **evidence-based methods**

To access our bulk-billed service, you will need to be over 18 and live in the Northern Sydney region with:

- A diagnosed mental health issue
- A Mental Health Treatment Plan from your doctor or a referral from a psychiatrist
- A current Medicare card

Sessions are confidential and our highly qualified psychologists can support you with care that is as individual as you are.



Lifeline

HARBOUR TO HAWKESBURY
SYDNEY

 **8287 1126**

 **appointments@lifelineh2h.org.au**

 **lifelineh2hsydney.org.au**

