

## Medicare bushfire recovery counselling

You are eligible for up to 10 counselling sessions if you are:

- an individual or a family impacted by the 2019-20 bushfires
- a responder or an emergency management employee or a volunteer who worked during the 2019-20 bushfires.

You do not need a GP referral. Just ring one of the numbers below. Many of these are at no cost (100% billed to Medicare) and others do have co-payments.

This list is by no means comprehensive. It is a list COORDINARE has compiled to assist members of the public affected by bushfires specifically to find Medicare counselling, and will continue to grow as we collect more information. COORDINARE does not endorse any particular service.

### Face-to-face counselling services located in fire affected areas

#### Bega Valley

Name	Location	Phone	Email / website	Opening hours
Monica Blayney	Bega Bulk billed	6492 3333 (Bega Valley Medical Practice)	<a href="mailto:mbclinpsych@gmail.com">mbclinpsych@gmail.com</a>	Monday – Friday 9am – 5pm
Rochelle Watch	Pambula Beach Bulk billed	0459 032 245	<a href="mailto:rocwt@bigpond.com">rocwt@bigpond.com</a>	Thursdays, Fridays, Saturdays
Elizabeth Mitchell	Merimbula Bulk billed	6495 3336	<a href="mailto:pm@its-aboutyou.com.au">pm@its-aboutyou.com.au</a>	Monday – Thursday 9am – 5pm
Don Finnegan	Merimbula Bulk billed	6495 3970	<a href="mailto:don.finnegan@merimbulapsychology.com.au">don.finnegan@merimbulapsychology.com.au</a> <a href="http://www.merimbulapsychology.com.au/">http://www.merimbulapsychology.com.au/</a>	Monday – Friday 8:30am – 5pm
Lyne Tremblay	Bega Bulk billed for pension card holders only.	0498 853 690	<a href="mailto:Lynetre@gmail.com">Lynetre@gmail.com</a>	Monday, Tuesday, Friday 8am – 7pm
Sally-Anne Brown	Bega Bulk billed	0490 460 138	<a href="mailto:sallyannebrown232@gmail.com">sallyannebrown232@gmail.com</a> <a href="http://reddoorhealthclinic.com/">http://reddoorhealthclinic.com/</a>	Tuesday, Wednesday 9am – 6pm
Jocelyn France	Bega Bulk billed	6492 2555 0431 653 733	<a href="mailto:francejocelyn@gmail.com">francejocelyn@gmail.com</a>	Tuesday, Friday 9am – 5pm

David Bone Drought Support Counsellor	Bega Valley Free service	0436 923 510	<a href="mailto:david.bone@health.nsw.gov.au">david.bone@health.nsw.gov.au</a> Please note that this is a free service for people who make some of their income from agriculture. Face-to-face and video counselling.	Monday – Friday 8:30am – 5pm
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## Eurobodalla

Name	Location	Phone	Email / website	Opening hours
Suzanna de Bakker and Martin O'Grady Magnolia Psychology	Mossy Point Bulk billed	0413 090 590	<a href="mailto:magnoliapsych@gmail.com">magnoliapsych@gmail.com</a> <a href="http://magnoliapsychology.com.au/">http://magnoliapsychology.com.au/</a>	Monday – Friday 8am – 7pm
Lisa Freeman	Narooma Bulk billed	0411 258 709	<a href="mailto:naroomapsychology@bigpond.com">naroomapsychology@bigpond.com</a>	Monday – Thursday 9am – 3pm
Lesley Adamson	Batemans Bay Bulk billed	0428 234 880	<a href="mailto:lesleyadamson2536@gmail.com">lesleyadamson2536@gmail.com</a>	Monday – Friday 10am to 6pm
Muddy Puddles	Batemans Bay Not bulk billed (\$10 copayment)	4472 6939	<a href="mailto:info@muddypuddles.org.au">info@muddypuddles.org.au</a> <a href="http://www.muddypuddles.org.au">www.muddypuddles.org.au</a> Note: this service focuses on helping children with a disability and/or children up to 12 years of age, and their families.	Monday – Friday 9am – 5pm
Stacy Shepherd	Broulee Not bulk billed	0490 210 034	<a href="mailto:info@brouleepsychology.com.au">info@brouleepsychology.com.au</a> <a href="https://brouleepsychology.com.au/">https://brouleepsychology.com.au/</a>	Tuesday – Thursday 9am – 4pm
David Bone Drought Support Counsellor	Eurobodalla Free service	0436 923 510	<a href="mailto:david.bone@health.nsw.gov.au">david.bone@health.nsw.gov.au</a> Please note that this is a free service for people who make some of their income from agriculture. Face-to-face and video counselling.	Monday – Friday 8:30am – 5pm

## Shoalhaven

Name	Location	Phone	Email / website	Opening hours
Theresa Korman	Vincentia Bulk billed	0458 122 224	<a href="mailto:info@psychologyjervisbay.com.au">info@psychologyjervisbay.com.au</a> <a href="http://psychologyjervisbay.com.au/">http://psychologyjervisbay.com.au/</a>	Tuesday, Wednesday 9am – 6.30pm
Tamlyn Phillips	Ulladulla Bulk billed	0431 696 987	<a href="mailto:tamlynphillipsulladulla2539@gmail.com">tamlynphillipsulladulla2539@gmail.com</a>	Saturdays only 9am – 5pm

Craig Facey	Sanctuary Point Bulk billed	0420 710 202	<a href="mailto:craigfacey@gmail.com">craigfacey@gmail.com</a>	Monday – Thursday 8am-7pm
Dale Janis Haley	Shoalhaven Heads Nowra Bulk billed	0401 414 595	<a href="mailto:dale.j.haley@gmail.com">dale.j.haley@gmail.com</a>	Monday – Friday 9am – 5pm
Ana Guinea	Vincentia Not bulk billed (\$9.85 copayment)	0416 072 557	<a href="mailto:info@smallstepsmatter.com.au">info@smallstepsmatter.com.au</a> <a href="https://smallstepsmatter.com.au/">https://smallstepsmatter.com.au/</a>	Monday – Friday 9am – 5pm
Shoalhaven Psychology Services	Berry and Kiama Not bulk billed	4464 3626	<a href="mailto:admin@shoalhavenpsychology.com.au">admin@shoalhavenpsychology.com.au</a> <a href="https://shoalhavenpsychology.com.au/">https://shoalhavenpsychology.com.au/</a>	Monday – Friday 8am – 7pm Saturday 9am – 12pm

### Snowy Monaro, Queanbeyan / Palerang

Name	Location	Phone	Email / website	Opening hours
Mandy Reeks	Cooma Bulk billed	6452 3381	<a href="mailto:mandy.reeks@gmail.com">mandy.reeks@gmail.com</a> Note: only available after Easter 2020	Flexible / on demand
Zoe Pope	Michelago ACT Bulk billed	0414 700 410	<a href="mailto:zoe@diamondbluestables.com.au">zoe@diamondbluestables.com.au</a>	Weekdays and Saturday morning
Anel Grobler	MacGregor ACT Bulk billed	0449 169 626	<a href="mailto:anel.grobler@gmail.com">anel.grobler@gmail.com</a> <a href="https://www.grouptherapyact.com.au/">https://www.grouptherapyact.com.au/</a>	By appointment
David Bone Drought Support Counsellor	Snowy Monaro Free service	0436 923 510	<a href="mailto:david.bone@health.nsw.gov.au">david.bone@health.nsw.gov.au</a> Please note that this is a free service for people who make some of their income from agriculture. Face-to-face and video counselling.	Monday – Friday 8:30am – 5pm

### Phone counselling

Name	Phone	Email / website	Opening hours (Australian Eastern Standard Time)
APM Assure Community Support Line	1800 276 113	None. Note this service is free of charge, no Medicare card required.	Monday – Friday 9am – 6pm

### Video counselling services (all services bulk billed)

If you are happy to use video counselling, all you need is a smart phone or tablet or computer. The provider will help you when you book the appointment. They may use Skype or similar.

Please note that these video counselling services are located all over Australia. Their opening hours have already been converted to the Australian Eastern Standard time zone.

Name	Phone	Email / website	Opening hours (Australian Eastern Standard timezone)
Remote Therapy	1300 813 307	<a href="https://www.remotetherapy.com.au/faq">https://www.remotetherapy.com.au/faq</a>	Monday – Friday 10am – 6pm but can do evenings and Sat on request
Psych 2 U	1300 472 866	<a href="https://psych2u.com.au/patients">https://psych2u.com.au/patients</a>	Monday – Friday 8am – 5pm
Remote Psych	(03) 5222 4789	<a href="https://www.remotepsych.com.au/faq">https://www.remotepsych.com.au/faq</a>	Monday, Wednesday, Friday: 9am – 5pm Tuesday, Thursday: 9am – 7pm
Emerge Psychology  Bulk billing Psychiatrist and Social Worker available too.	Online bookings only	<a href="http://www.emergepsychology.com.au/meet-us/">http://www.emergepsychology.com.au/meet-us/</a>  Online booking only. Type “BRAI” beside your address and they will know you are a bushfire client, so no referral needed.	Monday – Friday 8am – 10pm
Optimise Health and Wellness	(07) 4423 7662	<a href="mailto:practicemanagement.optimisehealth@outlook.com">practicemanagement.optimisehealth@outlook.com</a>	Monday – Friday 10am – 6pm
Anel Grobler	0449 169 626	<a href="mailto:anel.grobler@gmail.com">anel.grobler@gmail.com</a> <a href="https://www.grouptherapyact.com.au/">https://www.grouptherapyact.com.au/</a>	By appointment
Elizabeth Mitchell	6495 3336	<a href="mailto:pm@its-aboutyou.com.au">pm@its-aboutyou.com.au</a>	Monday – Thursday 9am – 5pm
Theresa Korman	0458 122 224	<a href="mailto:info@psychologyjervisbay.com.au">info@psychologyjervisbay.com.au</a> <a href="http://psychologyjervisbay.com.au/">http://psychologyjervisbay.com.au/</a>	Tuesday, Wednesday 9am – 6.30pm
Sally-Anne Brown	0490 460 138	<a href="mailto:sallyannebrown232@gmail.com">sallyannebrown232@gmail.com</a> <a href="http://reddoorhealthclinic.com/">http://reddoorhealthclinic.com/</a>	Tuesday, Wednesday 9am – 6pm
Lisa Freeman	0411 258 709	<a href="mailto:naroomapsychology@bigpond.com">naroomapsychology@bigpond.com</a>	Monday – Thursday 9am – 3pm
Jennifer O’Brien	(03) 9191 6726	<a href="mailto:jenny@indialogue.com.au">jenny@indialogue.com.au</a> <a href="https://www.indialogue.com.au/">https://www.indialogue.com.au/</a>	Monday – Friday 9am – 9pm
Janet McIlwaine	0408 279 853	<a href="mailto:janetmcilwaine@bigpond.com">janetmcilwaine@bigpond.com</a> Skype and telephone counselling available.	Monday – Friday 10am – 7pm Later or weekends by negotiation.
Jocelyn France	6492 2555 0431 653 733	<a href="mailto:francejocelyn@gmail.com">francejocelyn@gmail.com</a>	Tuesday, Friday 9am – 5pm
Flora Chong	(08) 9201 0044	<a href="mailto:info@blackswanhealth.com.au">info@blackswanhealth.com.au</a> <a href="https://www.blackswanhealth.com.au">https://www.blackswanhealth.com.au</a>	Monday – Friday 12pm – 6pm

Helen Davidson	0410 387 787	<a href="mailto:admin@kidzmix.com">admin@kidzmix.com</a>	Wednesday, Thursday 5pm – 8pm commencing 24 March
Nicole McLeod	0408 009 385		Monday – Friday 9am – 6pm Weekend appointments possible
Roshelle Porter	8004 2727	<a href="mailto:info@sensationalkidsot.com.au">info@sensationalkidsot.com.au</a> <a href="http://sensationalkidsot.com.au/home/additional-medicare-funding-for-bushfire-affected-areas/">http://sensationalkidsot.com.au/home/additional-medicare-funding-for-bushfire-affected-areas/</a>	Tuesday, Wednesday 8am – 5pm
Pam Samra	0408 761 962	<a href="mailto:beingdoingbecoming@gmail.com">beingdoingbecoming@gmail.com</a>	Thursday, Friday 10am – 6pm
Bilyana Safranko	(07) 4243 4865 (07) 32093406 0431 853 983	<a href="mailto:BilyanaBawden@gmail.com">BilyanaBawden@gmail.com</a>	Monday – Friday 10am – 3pm Saturday 10am – 3pm
Gail Green	0417 096 407	<a href="mailto:gaildg@inet.net.au">gaildg@inet.net.au</a>	Monday – Friday 10am – 8pm
Mark Molony	(03) 9459 0777		Monday – Friday 8am – 6pm
Leeanne Lightfoot	0422 173 512	<a href="mailto:lightfoot@live.com.au">lightfoot@live.com.au</a>	Monday – Thursday 10am – 7pm
Little Steps Psychology	0423 145 465	<a href="mailto:littlestepspsychology@gmail.com">littlestepspsychology@gmail.com</a> <a href="https://www.littlestepspsychology.com.au/">https://www.littlestepspsychology.com.au/</a>	Monday – Friday 9am – 5pm Fortnightly on Saturdays
Amanda Jones	0422 507 244	<a href="mailto:amanda@hopscotchpartners.com.au">amanda@hopscotchpartners.com.au</a>	Monday – Friday 9am – 6pm
Di Leed	0414 368 456	<a href="mailto:di.counsellingtherapy@gmail.com">di.counsellingtherapy@gmail.com</a>	By appointment
Petra van Vliet	0403 318 900	<a href="mailto:exploreandrestore@icloud.com">exploreandrestore@icloud.com</a>	Mondays 9am – 4pm & Thursdays 9am – 8pm Tuesday and Wednesday evenings
Rosa Villella	0430 544 354	<a href="mailto:counselling@rosavillella.com">counselling@rosavillella.com</a> <a href="http://rosavillella.com/">http://rosavillella.com/</a>	Monday – Wednesday 9am – 8pm; Thursday – Friday 9am – 3pm; Saturday 9am-12pm.
Tamlyn Phillips	0431 696 987	<a href="mailto:tamlynphillipsulladulla2539@gmail.com">tamlynphillipsulladulla2539@gmail.com</a>	Saturdays only 9am – 5pm
Craig Facey	0420 710 202	<a href="mailto:craigfacey@gmail.com">craigfacey@gmail.com</a>	Monday – Thursday 8am-7pm
Dale Janis Haley	0401 414 595	<a href="mailto:dale.j.haley@gmail.com">dale.j.haley@gmail.com</a>	Monday – Friday 9am – 5pm
Mandy Reeks	6452 3381	<a href="mailto:mandy.reeks@gmail.com">mandy.reeks@gmail.com</a>	Flexible / on demand
Rochelle Watch	0459 032 245	<a href="mailto:rocwt@bigpond.com">rocwt@bigpond.com</a>	Thursdays, Fridays, Saturdays