

Employee Assistance Program (EAP)

Albany Counselling Providers – Information Sheet

Below is a list of counselling providers located in Albany. Please take the time to review this list, contact the providers, to determine who will best meet your individual needs.

Upon deciding which provider you will visit, please liaise with them to organise a suitable time. The Human Resources team can assist in arranging the first appointment if you do not feel comfortable doing so yourself. Make sure to please also speak with your direct line supervisor (in confidence) if the appointment(s) fall during your working hours.

At no stage will the City of Albany / HR department link your name to any invoices / documentation as part of the administration process.

The purchase order code (below) should be used in place of your name on the invoices, and any other correspondence from the counsellor, provided to the City of Albany for the purpose of payment. This ensures confidentiality.

Purchase order code: **18041101**

If you feel you require further support please speak, in confidence, with your direct line supervisor or the HR department.

Note: This is not an exhaustive list of counselling providers in Albany but is simply a guide. If you wish to use counselling services not included on this list please take this letter with you to the provider and ask them to send the account/s to the City.

NAME	BUSINESS NAME	PHONE	ADDRESS
Barry Critchison	Counselling and Psychology	9842 5790 0409 378 203	144 Stirling Terrace
Lutz & Sally Pamberger	Counselling and Psychology Services	Lutz 0417 952 899 Sally 0424 382 557	144 Stirling Terrace
Stephanie Morigan	Clinical Psychologist	9842 2006 0419 941 833	
Hazel Roome	South Coast Counselling Service	9842 6132	
Bronwyn Cutler	Kipling Cutler & Associates	9842 6411	63 Grey Street East
Kim Tomlinson	Kim Tomlinson Counselling	0468 355 010	4 The Terrace Centre, 96-102 Stirling Terrace
Rosalind Watson		0419 905 675	5 Young Street
Eva Vaszolyi		0414 640 723	
Sandra Dixon	Registered Psychologist & Hypnotherapist	0428 429 885	Albany Body and Mind Health, 95 Lockyer Avenue
Sheree Bootes	Reconnect Health & Wellbeing Accredited Gestalt Psychotherapist	9848 2977 0400 696 456	Floor 1, Empire Building, 150-152 Stirling Terrace
Gareth Hobbs	Psychologist Brief Intervention Counselling	0424 184 560	
headspace Albany	Counselling for under 25s	9842 9871	Shops 9-11 The Link Shopping Centre, St Emile Way

LGIS Counselling Service

The Counselling service is designed to assist in identifying and resolving a range of personal concerns including: interpersonal or social problems, coping with change, relationship and family difficulties.

Counselling is offered in a variety of forms: through face-to-face, telephone and/or video conferencing (Skype and Facetime) sessions.

Staff are able to access counselling without information being reported back to the City, so feel free to contact Dianna Nguyen (registered Psychologist) on (08) 9483 8857 or 0428 430 394.

This service is offered between 8.30am – 5pm, Monday to Friday.

For afterhours support, please contact:

Beyondblue info line	1300 22 4636
MensLine Australia	1300 78 99 78
Lifeline	13 11 14
Relationships Australia	1300 364 277
Kids Help Line	1800 55 1800