

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
Rochelle Watch	Pambula Beach Bulk billed	0459 032 245	rocwt@bigpond.com	Thursdays, Fridays, Saturdays
Elizabeth Mitchell	Merimbula Bulk billed	6495 3336	pm@its-aboutyou.com.au	Monday – Thursday 9am – 5pm
Don Finnegan	Merimbula Bulk billed	6495 3970	don.finnegan@merimbulapsychology.com.au http://www.merimbulapsychology.com.au/	Monday – Friday 8:30am – 5pm
Lyne Tremblay	Bega Bulk billed for pension card holders only.	0498 853 690	lynetre@gmail.com	Monday, Tuesday, Friday 8am – 7pm
Sally-Anne Brown	Bega Bulk billed	0490 460 138	sallyannebrown232@gmail.com http://reddoorhealthclinic.com/	Tuesday, Wednesday 9am – 6pm
Jocelyn France	Bega Bulk billed	6492 2555 0431 653 733	francejocelyn@gmail.com	Tuesday, Friday 9am – 5pm
Rachael Driessen	Wallagoot Bulk billed		rachaelsdriessen@gmail.com	Monday – Friday 9am – 3:30pm

Drought Support Counsellor	Bega Valley Free service	1800 011 511	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	magnoliapsych@gmail.com http://magnoliapsychology.com.au/	Monday – Friday 8am – 7pm
Lisa Freeman	Narooma Bulk billed	0411 258 709	naroomapsychology@bigpond.com	Monday – Thursday 9am – 3pm
Muddy Puddles	Batemans Bay Not bulk billed (\$10 copayment)	4472 6939	info@muddypuddles.org.au www.muddypuddles.org.au 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	info@brouleepsychology.com.au https://brouleepsychology.com.au/	Tuesday – Thursday 9am – 4pm
Drought Support Counsellor	Eurobodalla Free service	1800 011 511	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	info@psychologyjervisbay.com.au http://psychologyjervisbay.com.au/	Tuesday, Wednesday 9am – 6.30pm
Tamlyn Phillips	Ulladulla Bulk billed	0431 696 987	tamlynphillipsulladulla2539@gmail.com	Saturdays only 9am – 5pm
Craig Facey	Sanctuary Point Bulk billed	0420 710 202	craigfacey@gmail.com	Monday – Thursday 8am – 7pm
Dale Janis Haley	Shoalhaven Heads Nowra	0401 414 595	dale.j.haley@gmail.com	Monday – Friday 9am – 5pm

	Bulk billed			
Ana Guinea	Vincentia Not bulk billed (\$9.85 copayment)	0416 072 557	info@smallstepsmatter.com.au https://smallstepsmatter.com.au/	Monday – Friday 9am – 5pm
Shoalhaven Psychology Services	Berry and Kiama Not bulk billed	4464 3626	admin@shoalhavenpsychology.com.au https://shoalhavenpsychology.com.au/	Monday – Friday 8am – 7pm Saturday 9am – 12pm
Dr Laura Hedayati	Nowra Bulk billed	4423 1977	reception@parkmedicalconsultingrooms.com.au	Wednesday, Thursday 8am – 5pm Other times by mutual arrangement
Gudula Dornseifer	Berry Bulk billed	0419 406 103	gudula@goodwillrelations.com.au	Monday - Saturday 8am - 6pm

Snowy Monaro, Queanbeyan / Palerang

Name	Location	Phone	Email / website	Opening hours
Mandy Reeks	Cooma Bulk billed	6452 3381	mandy.reeks@gmail.com Note: only available after Easter 2020	Flexible / on demand
Zoe Pope	Michelago ACT Bulk billed	0414 700 410	zoe@diamondbluestables.com.au	Weekdays and Saturday morning
Anel Grobler	MacGregor ACT Bulk billed	0449 169 626	anel.grobler@gmail.com https://www.grouptherapyact.com.au/	By appointment
Drought Support Counsellor	Snowy Monaro Free service	1800 011 511	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
David Guthrey	Braidwood Bulk billed	0419 490 796	guthreypsych@gmail.com	By appointment, Wednesday fortnights

Phone counselling

Name	Phone	Email / website	Opening hours (Australian Eastern Standard Time)
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APM Assure Community Support Line	1800 276 113	None. Note this service is free of charge, no Medicare card required.	Monday – Friday 9am – 6pm
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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)
Dokotela Psychiatrist	8003 7668	admin@dokotela.com.au	Monday – Friday 8am-8pm Saturday 9am-1pm
Remote Therapy	1300 813 307	https://www.remotetherapy.com.au/faq	Monday – Friday 10am – 6pm but can do evenings and Sat on request
Psych 2 U	1300 472 866	https://psych2u.com.au/patients	Monday – Friday 8am – 5pm
Remote Psych	(03) 5222 4789	https://www.remotepsych.com.au/faq	Monday, Wednesday, Friday: 9am – 5pm Tuesday, Thursday: 9am – 7pm
Emerge Psychology Psychiatrist and Social Worker available too.	Online bookings only	http://www.emergepsychology.com.au/meet-us/ 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	practicemanagement.optimisehealth@outlook.com	Monday – Friday 10am – 6pm
Anel Grobler	0449 169 626	anel.grobler@gmail.com https://www.grouptherapyact.com.au/	By appointment
Elizabeth Mitchell	6495 3336	pm@its-aboutyou.com.au	Monday – Thursday 9am – 5pm
Theresa Korman	0458 122 224	info@psychologyjervisbay.com.au http://psychologyjervisbay.com.au/	Tuesday, Wednesday 9am – 6.30pm
Sally-Anne Brown	0490 460 138	sallyannebrown232@gmail.com http://reddoorhealthclinic.com/	Tuesday, Wednesday 9am – 6pm
Lisa Freeman	0411 258 709	naroomapsychology@bigpond.com	Monday – Thursday 9am – 3pm

Jennifer O'Brien	(03) 9191 6726	jenny@indialogue.com.au https://www.indialogue.com.au/	Monday – Friday 9am – 9pm
Janet McIlwaine	0408 279 853	janetmcilwaine@bigpond.com Skype and telephone counselling available.	Monday – Friday 10am – 7pm Later or weekends by negotiation.
Jocelyn France	6492 2555 0431 653 733	francejocelyn@gmail.com	Tuesday, Friday 9am – 5pm
Flora Chong	(08) 9201 0044	info@blackswanhealth.com.au https://www.blackswanhealth.com.au	Monday – Friday 12pm – 6pm
Helen Davidson	0410 387 787	admin@kidzmix.com	Wednesday, Thursday 5pm – 8pm commencing 24 March
Nicole McLeod	0408 009 385		Monday – Friday 9am – 6pm Weekend appointments possible
Roshelle Porter	8004 2727	info@sensationalkidsot.com.au http://sensationalkidsot.com.au/home/additional-medicare-funding-for-bushfire-affected-areas/	Tuesday, Wednesday 8am – 5pm
Pam Samra	0408 761 962	beingdoingbecoming@gmail.com	Thursday, Friday 10am – 6pm
Bilyana Safranko	(07) 4243 4865 (07) 32093406 0431 853 983	BilyanaBawden@gmail.com	Monday – Friday 10am – 3pm Saturday 10am – 3pm
Gail Green	0417 096 407	gaildg@iinet.net.au	Monday – Friday 10am – 8pm
Mark Molony	(03) 9459 0777		Monday – Friday 8am – 6pm
Leeanne Lightfoot	0422 173 512	lightfoot@live.com.au	Monday – Thursday 10am – 7pm
Little Steps Psychology	0423 145 465	littlestepspsychology@gmail.com https://www.littlestepspsychology.com.au/	Monday – Friday 9am – 5pm Fortnightly on Saturdays
Amanda Jones	0422 507 244	amanda@hopscotchpartners.com.au	Monday – Friday 9am – 6pm
Di Leed	0414 368 456	di.counsellingtherapy@gmail.com	By appointment
Petra van Vliet	0403 318 900	exploreandrestore@icloud.com	Mondays 9am – 4pm & Thursdays 9am – 8pm Tuesday and Wednesday evenings
Rosa Villella	0430 544 354	counselling@rosavillella.com http://rosavillella.com/	Monday – Wednesday 9am – 8pm; Thursday – Friday 9am – 3pm; Saturday 9am-12pm.

Tamyln Phillips	0431 696 987	tamlynphillipsulladulla2539@gmail.com	Saturdays only 9am – 5pm
Craig Facey	0420 710 202	craigfacey@gmail.com	Monday – Thursday 8am-7pm
Dale Janis Haley	0401 414 595	dale.j.haley@gmail.com	Monday – Friday 9am – 5pm
Mandy Reeks	6452 3381	mandy.reeks@gmail.com	Flexible / on demand
Rochelle Watch	0459 032 245	rocwt@bigpond.com	Thursdays, Fridays, Saturdays
Dr Laura Hedayati	4423 1977	reception@parkmedicalconsultingrooms.com.au	Wednesday, Thursday 8am-5pm Other times by mutual arrangement
Tracy Burrell	0424 234 624	tracyburrell@bigpond.com	Monday, Tuesday, Friday 9am - 5pm
Rachael Driessen		rachaelsdriessen@gmail.com	Monday – Friday 9am – 3:30pm
Jacqui Shearer	0458 112 292	jacqui.shearer@counsellingforwomen.com.au	Flexible Tuesday - Saturday