

## Who we are:

My Psychology Tasmania provides confidential psychological services using evidence based approaches to provide accurate and effective psychological assessment and treatment.

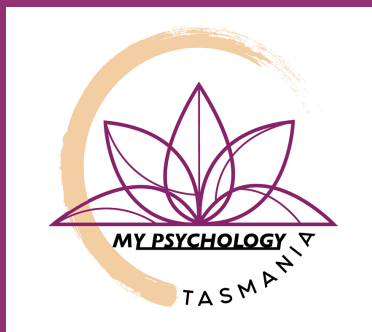
## What we can help with:

Our clinicians have a wide range of experience working with different presentations and demographics. These include, but are not limited to:

- \* Autism Spectrum
- \* Addiction
- \* Adjustment
- \* Anger
- \* Aging
- \* Alcohol Use
- \* Anxiety & Panic
- \* Bullying/Harassment
- \* Conflict
- \* Depression
- \* Domestic Violence
- \* Gambling
- \* Grief & Loss
- \* Intellectual Disability
- \* Learning Disorders
- \* Personality Disorders
- \* Panic
- \* Phobias
- \* Relationship Difficulties
- \* Self-esteem
- \* Skills Training
- \* Sleep Disturbances
- \* Stress Management
- \* Substance Use
- \* Trauma (and PTSD)
- \* Vocational difficulties
- \* Work-related Stress
- \* Interpersonal Difficulties

We also offer cognitive, learning, and autism spectrum assessments, in addition to other psychometric testing.

**Contact us for further inquiries.**



### My Psychology Tasmania

Phone: (03) 6431 8411

Fax: (03) 6434 1417

Email: [admin@myspsychology.org.au](mailto:admin@myspsychology.org.au)

Web: [www.familybasedcare.com.au](http://www.familybasedcare.com.au)

### Our Office Locations

73 - 75 Mount Street, BURNIE, TAS 7320

70 Oldaker Street, DEVONPORT, TAS 7310

50b Frankland Street, LAUNCESTON, TAS 7250

9 - 11 Cambridge Road, BELLERIVE, TAS 7018

3 Reece Avenue, ROSEBERY, TAS 7470 (by appt)

### Useful Support/Contact Numbers:

Lifeline.....	13 11 14
Beyond Blue.....	1300 224 636
Kids Helpline.....	1800 55 1800
Mental Health Services Helpline.....	1800 332 388
MensLine Australia.....	1300 789 978
Suicide Call Back Service.....	1300 659 467



## Mental Health & Psychological Services

*Information for Everyone*

A division of



## Accessing our services:

A valid referral is required before we can schedule appointments. Once a referral is received, our Intake staff will contact you for any additional information and to book your first appointment.

Referrals can be via one of the pathways below:

### Medicare Mental Health Care Plan (MHCP):

MHCP's allow an individual with a valid Medicare card to claim up to 10 consults per calendar year.

To get a referral, book an appointment with your GP, psychiatrist, or paediatrician and request a "Mental Health Care Plan".

Ask for the referral to be sent to My Psychology via email or fax (below):

admin@myspsychology.org.au  
(03) 6431 1417



### National Disability Insurance Scheme (NDIS)

If you are an NDIS participant you will require an NDIS plan which has approval for therapeutic supports. Phone (03) 6431 8411 to discuss your options via this pathway.

### Workers Compensation & Other Insurance

If you require psychological assessment or intervention as part of your workers compensation or insurance process, speak with your managing GP, who may choose to refer you for assessment and/or treatment.

### DVA, Private Health, or Self-Referral

We can accept walk-in referrals for you or your loved ones. Contact us via phone, email, or visit one of our offices and complete a referral form to schedule an appointment and start engaging in services.

## Fees/Costs:

Due to the range of services we can provide, and depending on your referral pathway, fees can vary.

Contact us to discuss on Ph: (03) 6431 8411.



## Please Note:

My Psychology Tasmania  
is not a crisis service.

We encourage engagement as a prevention and intervention service.

My Psychology reserves the right to refuse any service/referral.

If you are in crisis please contact Lifeline, or 000 if it is an emergency.