



# external support

It's good to know there are options outside of **headspace** Canberra. We've listed a few options that might be helpful. These are not monitored or provided by **headspace** Canberra.

## In Canberra

**The Junction Youth Health Service** 6232 2423

**ACT Child & Adolescent Mental Health** 6205 1971

**UC Psychology Clinic** 6201 5843

**ANU Psychology Clinic** 6125 8498

**Next Step** 6287 8066

**Menslink (males)** 6287 2226

**Relationships Australia** 1300 364 277

**CatholicCare** 6162 6100

**Oasis Youth Salvos** 6288 6248

**New Horizons Marymead (u18)** 1800 427 920

**Multicultural Youth Service** 6100 4611

## Online

**eheadspace** [www.eheadspace.org.au](http://www.eheadspace.org.au) 1800 650 890

**Kids Helpline** [www.kidshelpline.com.au](http://www.kidshelpline.com.au) 1800 55 800

**Beyond Blue** [www.beyondblue.org.au](http://www.beyondblue.org.au) 1300 22 46 36

**Lifeline** [www.lifeline.org.au](http://www.lifeline.org.au) 13 11 14

**APS Find a Psychologist Service** [www.psychology.org.au/FindAPsychologist](http://www.psychology.org.au/FindAPsychologist)



# external psychologists

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<b>Ninette Shoubye</b>	Insight Psychology	0407 202 104
<b>Miranda Morrissey &amp; Rachel Sly</b>	Think Psychology Solutions	6282 8266
<b>Sean Ford (18+ only)</b>	Certa Psychology (18+ only)	6195 0819
<b>Annemarie Nicol</b>	Annemarie Nicol Psychology	0421 492 554
<b>Lisa O'Connor</b>	Psych Studio 1	0402 249404
<b>Megan Carters</b>	Capital Psychology Clinic	6156 4780
<b>Various psychologists</b>	Strategic Psychology	6262 6157
<b>Various psychologists</b>	Capital Clinical Psychology	6282 1002
<b>Rohan Schlesinger</b>	R/S Psychology Canberra	0424 874 804
<b>Jenn Gagon (18+ only)</b>	<a href="http://www.ensemblepsychology.com.au">www.ensemblepsychology.com.au</a>	0447 314 191