

HELPLINES

Mission of Hope (Hayat Line)

Free and focused on Muslims

P: 1300 993 398

Suicide Call Back Service

W: suicidecallbackservice.org.au

P: 1300 659 467

Beyond Blue

Anyone feeling anxious or depressed

W: Beyondblue.org.au

P: 1300 224 636

Kids Helpline

Counselling for young people ages 5-25

W: kidshelpline.com.au

P: 1800 551 800

MensLine Australia

Men with emotional relationship concerns

W: mensline.org.au

P: 1300 789 978

Centre for Muslim Wellbeing Navigator

Provides assistance in navigating the Health system

P: 0472 668 010

Lifeline

Personal crisis

W: lifeline.org.au

P: 13 11 14

Blue Knot Foundation Helpline

Childhood trauma and abuse

P: 1300 657 380

Orygen Youth Health

24hr triage service

P: 1800 888 320

MindSpot

Stress, Worry, anxiety, depression

Provides online assessment for anxiety and depression

P: 1800 61 44 34

ehedspace

Mental health and wellbeing support

P: 1800 650 890

Butterfly Foundation's National Helpline

Eating disorder and body image issue helpline

P: 1800 33 4673

PANDA

Perinatal Anxiety and Depression Australia) helpline

P: 1300 726 306

PSYCHOLOGISTS

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Ghada El Zohbi (F)

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Hala Alaoui (F)

Healing Minds Psychology

1300 732 725

\$160 Per Session

Hoor Elbakry (F)

0498 243 108

hoorelbakry1998@gmail.com

Humaira Hamimi (F)

Private practise

0422 084 568

hamimihumaira@gmail.com

\$190 per session

2 month wait

Ilker Abak (M)

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Mona Shafiq (F)

Mind Therapy Psychological Services

Fawkner

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Monique Toohey (F)

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Qasim Latifi (M)

Private practise

0412 727 023

QasimLatifiPsych@gmail.com

Health Care Card Holders: No Gap

\$125 Per Session

2 Week waiting period

Safiye Aytekin-Kirca (F)

0435 033 879

EDUPY

Senem Eren (F)

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senem.eren1@gmail.com

Serpil Ozturk (F)

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Clinical Psychologist

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Waiting List Full

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Internal Sunshine

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iinternalsunshine@gmail.com

\$220 per session

Tymur Hussein (F)

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