



BONDI PSYCHOLOGY

HELPFUL LINKS

www.blackdoginstitute.org.au
The Black Dog Institute

www.headspace.org.au
Headspace

www.quitnow.gov.au
Quit Line

www.anxietyonline.org.au
Anxiety Online

www.mentalhealth.asn.au
Mental health Association NSW

www.crufad.com
Clinical Research Unit for Anxiety & Depression

www.centreforemotionalhealth.com.au
Centre for Emotional Health (CEH)

www.nimh.nih.gov
National Institute of Mental Health

www.sane.org
SANE Australia

www.adf.org.au
Australian Drug Foundation

www.cedd.org.au
Centre for Dieting & Eating Disorders

www.bluepages.anu.edu.au
BluePages

www.livinglifetothefull.com
Living Life to the Full

www.moodgym.anu.edu.au
MoodGYM

www.ecouch.anu.edu.au
e-couch

www.unitedconsultingrooms.com.au
United Consulting Rooms

www.beyondblue.org.au
Beyond Blue

www.parenthelp.org.au
Parent Helpline

HELPLINES

In Case of Emergency (24hrs):
Call 000

State Wide Mental Health Triage (24hrs):
Call 1800 011 511 or 1800 636 825

Lifeline Support (24hrs):
Call 13 11 14

St Vincents Acute Care Team (8.30am-10.30pm):
Call (02) 8382 1300

Mens Helpline (24hrs):
Call 1300 78 99 78

Family and Community Services Helpline (24hrs):
Call 132 111

Kids Helpline (24hrs):
Call 1800 55 1800

Beyond Blue (24hrs):
Call 1300 22 4636

Parent Helpline (24hrs):
Call 1300 1300 52

CONTACT US

Bondi Psychology
Nikki Westwell
M: 0401 479 111

P: 8964 8090 / F: 8964 8091
Suite 3, Level 3, 1 Rowe Lane,
Bondi Junction, NSW 2022

E: bondipsychology@gmail.com
www.bondipsychology.com.au

Weekdays & After Hours by Appointment