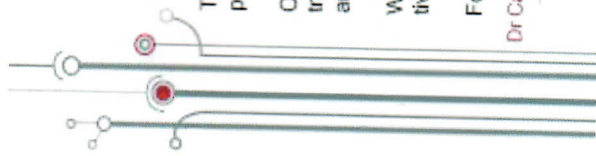


General Services Families May Use Wellbeing and Counselling



Armidale Clinical Psychology Service

The Armidale Clinical Psychology Service provides specialist psychological assessment and treatment for children and adults.

Our team comprises five clinical psychologists with extensive training and experience in all areas of mental health assessment and treatment.

We welcome the opportunity to provide comprehensive and effective psychological support to children and families.

For assistance call us directly, or see your GP about a referral.

Dr Caroline Croft Dr Barbara Visser Dr Mary Kasper Eric Briggs Kylie Rice

Armidale Business Centre, Cinders Lane P: 02 6776 6200

Personal Helpers & Mentors Program (Benevolent Society): 6775 4200 1/215 Beardy St.
Strengths-based mentoring for people over 16 managing extra stress in their lives.

School Counselling: www.schools.nsw.edu.au
(or contact your child's school)

School counselling is a confidential service available to all public school students, parents and carers. The school office will let you know how to contact their counsellor.

Centacare Counselling: 6738 7200

Anglican Counselling Service: 6772 9753

Cnr Faulkner and Rusden Sts www.acsdarm.org.au

Armidale Community Mental Health: 1800 011 511 Counselling and referral service.

UNE Psychology Clinic: UNE 6773 2545

Free counselling provided by trainee psychologists, by appointment.

Rural Financial Counselling Service: 6778 4784 Open 9-5 Mon-Fri



"A parent who has never apologised to his children is a monster.
If he's always apologising, his children are monsters."
Mignon McLaughlin, The Second Neurotic's Notebook, 1966

Armidale & District Women's Centre: 6772 9540 3/87 Beardy Street

A central drop-in and contact point for ALL women. ADWC provides free and confidential support and activities including Play Power™ workshops, art classes, a Domestic Violence Pro Active Support Service (DVPASS) and Safer Options For Armidale (SOFA) family and children's service. www.armidalewomenscentre.com

Armidale Women's Shelter & Support Service: 6772 5352 or 1800 005 352

Women's and children's support services, counselling, education, skill development and crisis accommodation for women and children in Armidale. womensshelterarmidale.org

Armidale Men's Group: 0402 424 134

Men meeting on the 2nd and 4th Tuesday of the month to support one another, have fun and explore issues in a positive, non-judgemental atmosphere.

Armidale Clinical Psychology Service: 6776 6200 Armidale Business Centre Cinders Lane

Provides specialist assessment and treatment for children and families. Our team comprises clinical psychologists with extensive training and experience in all areas of mental health. Dr Caroline Croft Dr Barbara Visser Dr Mary Kasper Mr Eric Briggs Ms Kylie Rice

Private psychologists and counsellors may be found in the Yellow Pages
www.yellowpages.com.au

The End of the Rainbow Fairy Shop

Tuesday-Friday 10.30am-5pm
Saturday 10.30am-2pm
Closed Sunday and Monday

Next to the Children's Toy Library at
the Railway Station, Brown Street, Armidale

Phone 0400 348 163