

## Counselling service

specialising in:

- Cognitive Behaviour Therapy
- Skills Training, Problem solving,
- Social Skill Training
- Interpersonal Therapy
- Mindfulness Based intervention
- Relaxation Strategy
- Anger management
- Strength Based Therapy.
- Solution Focused Brief Therapy
- Working with victims of Domestic Violence & other crimes.
- Working with long term unemployed

### Services include:

- Psycho-education
- Mental Health assessment
- Drug & Alcohol Counselling
- Grief, loss & trauma Counselling
- Domestic Violence Induced Mental Illness Counselling
- Gambling Counselling
- Inter-marriage Relationship Counselling

## Appointments

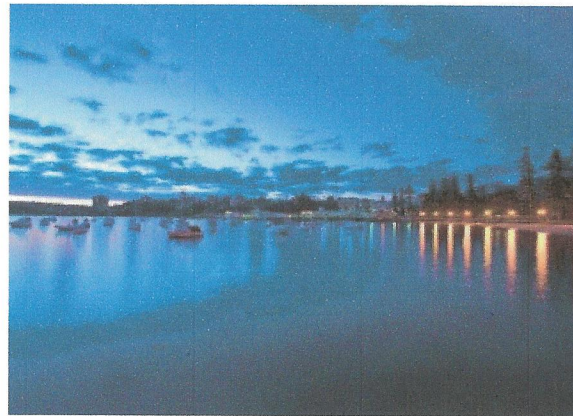
For appointments at Manly, Harris Park,  
or Chatswood please contact:

**Ayesha Islam, B.S.W (Syd Uni) ,MSc**  
Bi-lingual (Thai & English) Counsellor,  
Accredited Mental Health Social Worker,  
Approved Counsellor, NSW Victim  
Services

ABN: 91420158082

Medicare Provider Number: 4320321W

Mobile : 0425348746



# MENTAL HEALTH COUNSELLING

You can afford to deal with  
your problems and feel better  
again

## Bulk Billing Counselling

is now available at:

Manly Community Centre  
12 Wentworth Street, Manly

Every Thursday

from 9.00AM to 4.00PM

GP Referral required (Item 2710)

Private Health fund rebate  
available

## Physical symptoms associated with Mental Health problems

- Unexplained chest pain
- Rapid heartbeat
- Shortness of breath or choking
- Dizziness, unsteadiness, faints easily
- Headaches
- Sweating
- Numbness
- Vomiting, Nausea
- Diarrhoea
- Unexplained muscle aches and pains



## Psychological symptoms associated with Mental Health problems

- Lack of energy and tiredness.
- Loss of confidence in themselves or poor self-esteem
- Feeling guilty when they are not really at fault
- Wishing they were dead
- Difficulty concentrating or making decisions
- Moving more slowly or sometimes, becoming agitated and unable to settle
- Having sleeping difficulties (i.e. Less sleep or too much sleep), insomnia
- An unusually sad mood that does not go away
- Loss of enjoyment and interest in activities that used to be enjoyable.
- Loss of motivation
- Recurring nightmares, Flashbacks

## Mental Health Concerns?

If you have experienced these symptoms for more than two weeks and no physical ill health has been diagnosed, you may be suffering from anxiety, depression, stress, post-traumatic stress disorder or other mental health problems in silence.

**To access counselling please consult your GP and ask for GP Mental Health Care Plan (Item 2702 or 2710)**

