

ACADEMIC QUALIFICATIONS

Bachelor of Arts (Honours in Psychology)
(Clinical and Cross Cultural streams)
University of Queensland 1979

Master of Clinical Psychology
Australian National University 1991

PROFESSIONAL EXPERIENCE

Jo has 40 years professional experience in mental health, indigenous mental health, developmental disabilities, and child welfare services in government health services, including 10 years in private practice in Canberra. Jo also had additional training in Applied Behavior Analysis in the USA. Jo's special interests are Complex PTSD, Eating Disorders, and Mood and Anxiety Disorders including their relationship to chronic physical health problems such as diabetes, cardiac disease, chronic fatigue syndrome, and pain.

Jo's previous positions in government services have included Senior Clinical Psychologist, Office of Psychiatric Services, Victoria, and Clinical Coordinator, Child and Adolescent Mental Health Service (Dubbo) Greater Western Area Health Service, NSW. Jo has worked at several major hospitals including the Mater (Brisbane, Qld), Baillie Henderson Hospital (Toowoomba, Qld), Kenmore Hospital (Goulburn, NSW), and Hobson Park Hospital (Traralgon, Victoria). Jo also completed a clinical placement at the Anna Mental Health and Developmental Centre, Anna, Illinois, USA. Jo has also presented at international conferences.

Jo originates from a rural background in Far North Western NSW and is familiar with health and other issues in rural and remote NSW. She aims to provide excellence in mental health and clinical psychological services to people in rural NSW.

All services are confidential within the limits of the law ie any file can be subpoenaed by a Court.

IN CASE OF EMERGENCY

This practice is NOT a mental health crisis service and I cannot offer after hours service. If you have a mental health crisis and need emergency care at any time:

Young Area call:

- **02 6382 8888 Young Hospital Switch (Press 2 for Community Health and ask for Mental Health Service) business hours only**
- **1800 800 944 access line from Young area**
- **1800 011 511 (24 hour service) if you are interstate or out of area**

OR GO TO THE ACCIDENT AND EMERGENCY DEPT OF YOUR LOCAL HOSPITAL

OTHER CONTACTS WHICH MAY BE USEFUL:

**LIFELINE
13 11 14
(24 hours)**

**SUICIDE CALL BACK LINE
1300 659 467**

**KIDS HELP LINE
1800 55 1800**

**MENSLINE
1300 78 99 78**

**DOMESTIC VIOLENCE LINE
1800 656 463**

JO MEREDITH

Clinical Psychologist

Registered with Australian Health Practitioner's
Regulation Agency
Medicare Provider
DVA Provider
Workcover Provider

LOCATION

UNIT 4, 61 BOOROWA STREET
(Entry via Laneway off Zouch Street)

YOUNG NSW 2594

Mondays Wednesdays & Fridays

Car parking is available

TELEPHONE

Mobile: 0424 683 566

Fax: 02 5317 1727

POSTAL ADDRESS

P. O. BOX 738, YOUNG NSW 2594

SERVICES OFFERED

MENTAL HEALTH CARE FOR ADULTS, CHILDREN, ADOLESCENTS, AND FAMILIES

Mood and Anxiety Disorders including interactions with chronic medical conditions and/or pain

Post Traumatic Stress

Eating Disorders

Major mental disorders (including psychotic disorders)

Psychosomatic conditions

Indigenous mental health

Self harming behaviours

Sexual Assault including adults who were assaulted as children

Women's issues including Postnatal Depression, Perinatal Depression, and grief following stillbirth

Bereavement (if involving Depression)

Child behaviour problems

Young people with mental illness issues

TREATMENT MODALITIES

Cognitive Behaviour Therapy

Behaviour Therapy

Applied Behavior Analysis

Structural Family Therapy

Psychoeducation

Skills training for:

- Problem solving
- Stress management
- Anger management
- Social skills
- Relaxation
- Parenting

OTHER SERVICES OFFERED BUT NOT COVERED BY MEDICARE

Employee Assistance Services

Workcover assessments & treatment

Dept of Veteran's Affairs referrals

SERVICES NOT OFFERED

Letters for Court for DUI matters, domestic violence, or gun licence issues

Marriage and relationship counselling UNLESS there are serious mental health issues involved

Generalist counselling or Social Work services (please see the generalist counsellors available in town or Social Worker at the local Health Service)

Domestic violence issues between couples (this is a Police matter)

CANCELLATION POLICY (APPLIES TO ALL SERVICES)

If you fail to attend a booked appointment and have not cancelled it any other appointments you have booked will be automatically cancelled. You will be required to PAY for the missed appointment at the full rate UNLESS you have given AT LEAST 24 HOURS NOTICE of cancellation AND the appointment has been able to be rebooked to another patient. If the appointment is not able to be rebooked you will be asked to pay for it. We endeavour to rebook times but we need sufficient notice to do this as many patients travel to appointments, and others have to organize child care.

FEES & APPOINTMENTS

BULK BILLING to Medicare is available for all children, adolescents, persons with Health Care Cards, unemployed persons, persons with chronic mental health difficulties, pensioners, or other demonstrable hardship. **Please note** that the only items which can be bulk billed are those approved Medicare Mental Health items.

Standard fees (not bulk billed) will be charged at approximately the Schedule fee as recommended by Medicare for Medicare items eg \$150.00. Medicare refund is \$126.50 for eligible services.

The Private Fee is \$200 if you have no referral. Payment is required at the time of consultation by cash or cheque. I do not have EFT or credit card facilities.

For services to be refunded by Medicare or for bulk billing you need a Mental Health Care Plan from your General Practitioner or specialist (Psychiatrist or Paediatrician). **I DO NOT PROVIDE SERVICES ON TEAM CARE OR ENHANCED PRIMARY CARE PLANS. YOU NEED A SEPARATE MENTAL HEALTH CARE PLAN FOR MENTAL HEALTH ISSUES.**

Once you have a Mental Health Care Plan you can call on Mobile: 0424 683 566 for an appointment. Please leave a voicemail message or text and your call will be returned as soon as possible. Appointments are available in Young, Grenfell and Cowra.

CONSULTATION TIMES

Appointments are for 51 minutes face to face with 9 minutes for note writing and filing. Please be on time for your appointment so as not to inconvenience others and for your privacy.