

## LWWHC Mental Health Support Team List

### Psychology Recovery Coach | Support Coordinator

#### Gary X



Gary is an AASW accredited Mental Health Social Worker, senior psychology counsellor and senior NDIS support coordinator. He has possessed sophisticated bi-lingual (English and Chinese) counselling and case-management skills and knowledge with excellent communication and collaboration tactics. He has extensive expertise in counselling people with dual diagnosis (intellectual disability and mental health), complex needs, ASD and relationship issues. Gary also has the special interest and expertise in working with young people (including those under Child Safety Order) and people from non-English background (including refugees and asylum seekers).

Gary has been working as a social worker and counsellor with a Master Degree in Queensland Department of Communities, Disability Services and Child Safety, many NGOs in community services, Queensland Transcultural Mental Health Centre, Royal Brisbane and Women's Hospital, International Federation of Social Workers Asian-Pacific Region and his private practice in Australia for over 16 years with prior 7-year working experience in China

#### Chan D

Chan has over 25 years of experience in the mental health field, with a Bachelor in Human Services, a Diploma in Counselling, and a Diploma in Community Services. Chan has experience as a Psychosocial Recovery Coach, helping people improve their daily lives, and has counselled prisoners and led rehabilitation programs. His work includes supporting clients who have experienced severe trauma and depression. He has also worked in public hospitals and the community, offering mental health support and companionship. He is experienced in running group activities like sports, travel, and community events to help people connect and recover.

## Katrina L



Katrina is a qualified social worker dedicated to forming trusting relationships and advocating for the best interest of the clients. Excellent interpersonal skills to work with people from diverse backgrounds, people with psychosocial disability and ASD. Katrina has been working in the NDIS industry for 2.5 years and graduated with a Master of Social work. Katrina is active, social and also soft-spoken and down to earth. Katrina is available for after hours including Saturday and Sunday. Katrina is competent in Cantonese, Mandarin and English.

## Mental Health Support Workers

### Nick P



Nick is a registered student ACA counselor and an NDIS registered worker who is currently pursuing a Bachelor's degree in psychology. Over the course of six years, he has diligently studied both independently and through various institutions to gain a detailed understanding of modalities used in treating C-PTSD and complex trauma. Nick is deeply committed to helping individuals uncover their true selves and guiding them towards liberation from restrictive belief systems. His ultimate passion lies in empowering people to lead flourishing lives.

## Mike W



Mike is currently a student at the University of Queensland studying an Honours degree in psychological science. He is able to communicate through both English and Chinese and has a background in customer service and hospitality. He is a good listener, is patient and a good team worker, able to help with issues and solve problems.

## Karen M

Karen has completed a Certificate IV in Family Youth and Cert III in Age Care and Disability. She has many years and well-rounded experience in youth work, personal care, disability support work and AIN.

## Sarah Y



As a dedicated Counsellor, my career is centred around empowering individuals with disabilities to achieve their fullest potential. With a background in Counselling and extensive experience in mental health support, I specialize in providing compassionate, culturally-sensitive care tailored to each client's unique needs. My expertise includes facilitating personal growth through mindfulness, emotional regulation, and adventure-based mentor programs. I am passionate about fostering resilience, confidence, and independence in my clients, ensuring they have the tools and support needed to navigate life's challenges and enhance their overall well-being. I am a Hypnotherapist as well.