

LWWHC Mental Health Support Team

Psychology Recovery Coach | Support Coordinator

Gary X



Gary is an AASW Accredited Mental Health Social Worker, EMDRAA Registered Therapist, AASW Registered Supervisor 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 severe mental health issues, 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

Heidi L



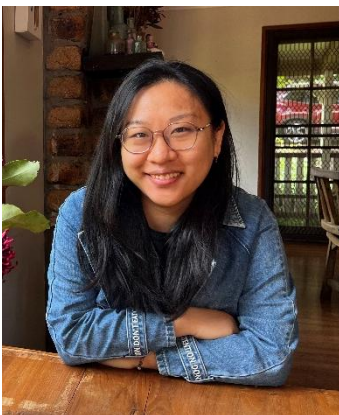
Heidi is a recovery coach with Australian Registered Music Therapist with the AMTA. She holds a Master of Music therapy, PG Dip in Music teaching and BSc Psychology and Counselling. Heidi has more than 15 years of experience as a Music teacher

and Music Therapist working with children and families that have special needs. Heidi is passionate about working with adults and children who have different needs. Heidi's main focus is supporting them in learning important life skills while having fun and feeling successful. Heidi is patient, joyful, caring, creative and she is taking time to get to know each child and developing a trusting relationship for positive personal development. Heidi speaks Cantonese, English and Mandarin

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.

Sarah Y



As a dedicated Counsellor, Sarah's 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. Sarah is a Hypnotherapist as well.

Heison C

Heison is a qualified social worker who has completed a Master's degree in Social Work at the University of Queensland. He has experiences in providing mental

health case management and psychosocial support to people with different mental health conditions at both community and clinical levels. He understands the local mental health system very well and is committed to enhancing the well-being of individuals through comprehensive bio-psychosocial assessments and person-centered counselling. He possesses strong interpersonal skills and the ability to work with people from culturally and linguistically diverse backgrounds. Heison speaks Cantonese, English and Mandarin. He is available for after-hours sessions from Monday to Saturday.

Lambert J

Lambert graduated from the University of Queensland with a Bachelor of Psychology (Honours), is equipped with excellent interpersonal communication skills to develop a friendly relationship with any client from different cultural backgrounds. Lambert understands each individual is different from another and the needs to respect clients' different ways of life. He aims to provide advice and solution based on a person-specific approach, to better enhance clients' lives. He is fluent in Mandarin and English.

Other SC/PRC may be available via LWWHC business networks upon requests

Mental Health Support Workers/Allied Health Assistance

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.

Tania M



Tania holds a Bachelor of Psychological Science and is a highly motivated, adaptable professional with over four years of experience in customer service, administrative support, and disability support. With a strong background in front-of-house and client-facing roles, she brings excellent communication, organisation, and time management skills to her work as a support worker. Tania is skilled in building positive relationships, working collaboratively, and maintaining a calm, empathetic approach in a variety of settings. Currently continuing her studies in psychology with aspirations to enter the medical field, she is passionate about understanding human behaviour and supporting individuals to improve their daily lives.

Zara A



Zara is an AHA with a developing career pathway in Bachelor of Counselling and a strong interest in supporting emotional wellbeing. She works from a trauma-informed, client-centred approach, creating safe and respectful spaces where individuals feel heard and supported. Her interests include anxiety, depression, trauma, and life transitions, and she values collaborative, strength-based work that builds resilience and practical coping skills. She is committed to culturally responsive practice, ethical care, and ongoing learning through supervision and professional development as I continue to grow within the mental health and counselling field.

Other support workers may be available via LWWHC business networks upon requests