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LWWHC Mental Health Clinicians

Mental Health Social Worker/Social Worker

Gary X

Gary is an AASW Accredited Mental Health Social Worker, EMDRAA Registered Therapist, AASW Registered Supervisor and healthcare practice coach. 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, 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.

Yolanda M

Yolanda has extensive professional experience spanning over 25 years working across both New Zealand and Australia in various roles that include working as a social worker, counsellor, and program facilitator with women, children and young

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people, and she worked over several years as a men's group facilitator in family and domestic violence. She has also held numerous leadership roles. Yolanda holds several qualifications in her extensive professional experience including two bachelor's degrees and a master's degree. Yolanda is a highly experienced social worker and counsellor, and she has a particular passion for working with people who have experienced significant challenges. She is motivated in supporting people move towards a life that is fulfilling and meaningful to them. Yolanda uses a wholistic and trauma informed approach in her work. Yolanda is a full member of the Australian Association of Social Workers (AASW) and also provides clinical supervision.

Gen G

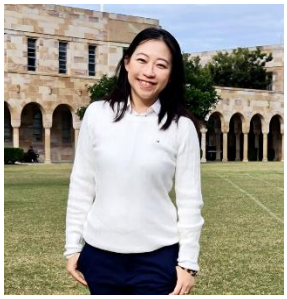
As an experienced Social Worker, he is deeply committed to providing compassionate, evidence-based therapeutic support, and robust advocacy for individuals navigating significant emotional and psychological challenges.

His practice is fundamentally guided by core social work frameworks, including Strength-Based Perspective, Person-in-Environment model, Person-Centred approach, and Trauma-Informed Care, ensuring that interventions are tailored to clients' inherent capabilities and socio-environmental context. He also draws upon the Ecological Systems Theory to inform holistic interventions.

He is highly skilled in advanced evidence-based therapeutic modalities such as Cognitive Behavioural Therapy (CBT), Behavioural Activation (BA), Acceptance and Commitment Therapy (ACT), and Narrative Therapy. He also specialises in Crisis Intervention and the effective application of practical mental health skills, including Motivational Interviewing (MI) and Grounding Techniques.

He is passionate about promoting mental health awareness and fostering inclusive, resilient environments that encourage long-term recovery and sustained well-being through community engagement and systemic advocacy.

Catherine Y



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Catherine is a social worker and counsellor who has over 12 years of experience in working alongside adults, children, young people and families to support them to overcome crisis and achieve positive change in their lives. She is warm, friendly, honest and genuine therapist who aims to provide a safe and non-judgemental space where her clients can feel safe, heard, and get to know themselves better as they heal through their challenges. Also, she is passionate and genuine in supporting people from all ages, to explore better ways to cope with their life challenges; alongside advocating for their hardship. She can work with young aged children, parents, adults and couples who have experienced childhood trauma, domestic and family violence, low self-esteem, and mental health with rich work experience. Catherine speaks Cantonese, English and Mandarin.

Annette M

Annette is a qualified social worker with nearly 20 years' experience supporting children, young people, and families with the Bachelor of Social Science (Youth Studies) and a Bachelor of Social Work. She has extensive experience supporting children, young people, and families. With a background in both primary and secondary school settings, She specialises in early intervention for social, emotional, behavioural, and developmental challenges.

Annette takes a strengths-based, trauma-informed approach and aims to create a safe, supportive space where children and young people feel understood and empowered. She provides counselling, mental health support, and social skills development, with a particular interest in anxiety, emotional regulation, family dynamics and peer relationships. She also works collaboratively with families to build practical strategies that support resilience, confidence, and positive wellbeing. She can speak conversational Russian.

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.

Ish K

Ish's social work career specialty focuses on supporting individuals and families experiencing mental health challenges, social disadvantage, and barriers to wellbeing. As a graduate of the Bachelor of Social Work program at Griffith University, his practice is grounded in person-centred, strengths-based, and trauma-informed approaches. He is particularly interested in working with culturally diverse

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communities, refugees, and vulnerable populations, advocating for equitable access to services, human right and social justice. Ish aims to empower clients, promote resilience, and collaborate with multidisciplinary teams to improve mental health outcomes and enhance overall quality of life

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Clinical Psychologist/Registrar/Psychologist

Zahra H

Zahra is a registered Psychologist with a background in behaviour support. Zahra has experience working with children, adolescents, and adults across various settings including educational, mental health, and NDIS services. She has a warm and compassionate approach to therapy and is passionate about supporting others to overcome barriers and reach their full potential. Zahra utilises client-centred, neurodiversity-affirming, and trauma-informed approaches. She strongly values a holistic approach to care in which collaborating with families, stakeholders or multidisciplinary teams are essential for individualised support. Zahra is also committed to using evidence-based interventions such as Cognitive Behaviour Therapy (CBT), Acceptance and Commitment Therapy (CBT), Mindfulness, and Solution-Focused Therapy (SFT). Zahra strives to make clients and their families feel heard, understood, respected, and valued at every step of the therapy process.

Counsellor

Sam Kumar

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Sam is a compassionate and ethically grounded ACA Registered Counsellor with a strong commitment to supporting individuals experiencing emotional, psychological, and life challenges. He provides person-centred counselling and psychosocial support, including telehealth services for NDIS participants across Australia.
His approach integrates counselling training, multicultural awareness, faith-sensitive practice, and extensive leadership experience developed through business and community roles. Sam is passionate about helping individuals build resilience, develop coping strategies, and achieve meaningful personal growth.

Occupational Therapist

Carolyn G

Carolyn enjoys working with a broad age range including children, teens, and adults. She is passionate about supporting neurodivergent individuals, mental health, and integrating mind-body approaches, yoga, and nature-based interventions. She believes good overall health starts with our mindset, and how we move through (and recover from) various life experiences. She is highly attuned, compassionate, and astute. She acknowledges every individual experience is unique, and She is here for you to feel seen and heard. In her spare time, you'll find her in the garden, in the kitchen, painting, listening to a record, or moving about in nature.

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Physio Therapist/ Exercise Physio Therapist

James M

As an Exercise Physiologist, James combines knowledge, compassion, and enthusiasm to deliver the best outcomes for participants. With a wealth of experience, he delivers exercise consultations for NDIS participants, supporting people to build strength, improve mobility, and increase confidence in movement. He works with individuals with a range of disabilities, chronic conditions, and injury presentations, delivering personalised exercise programs that focus on functional capacity, independence, and long-term health. His sessions are designed to be supportive, practical, and adaptable to each participant's individual needs and goals.

Miguel J

Miguel is committed to helping individuals improve their health, function, and quality of life through personalised, evidence-based exercise therapy. With a lifelong passion for sport and physical activity, he has enjoyed competing in basketball and continue to lead an active lifestyle through strength training, running, and social sport. He specialises in musculoskeletal rehabilitation, strength and conditioning, active ageing, and chronic disease management.

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Music Therapist

Heidi L

Heidi is an 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

Other Mental Health Clinicians

Adem E

Adem has a strong interest in mental health and wellbeing, with a background in Health Science and Physical Education. His focus is on supporting individuals experiencing mental health challenges to build resilience, improve daily functioning, and achieve meaningful personal goals. He currently works in community support, assisting individuals with psychosocial needs through person-centred care, practical support, and encouragement of independence. He is passionate about promoting recovery-oriented practice and creating safe, supportive environments where people feel heard and empowered. His approach emphasises empathy, strong communication, and collaboration with multidisciplinary teams to support positive mental health outcomes and improve overall quality of life.

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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

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.

Sanja S

Sanja is a passionate creative arts therapy practitioner, who dedicates to helping individuals explore their unique self-expression through creativity. Since earning the Diploma in Holistic Integrated Creative Arts Therapy in 2019, she has guided people of all ages to discover their creative potential in a supportive, stress-free environment. Her core belief is that switching off the stress response through art and creativity is vital for overall well-being and positive mental health. Through her successful practice, she empowers clients to achieve their personal and professional visions, embracing creativity as a pathway to growth, healing, and self-discovery.

Other Clinicians may be available via LWWHC business networks upon requests