

The Rosewood Centre is here to support people in our community to improve their mental health and wellbeing.

Our dedicated team of experienced psychologists and clinicians are passionate about helping people to live well and work towards their goals.

We welcome people of all ages and stages of life, supporting children and young people, individuals, couples and families.

Our specialist team provides counselling sessions, clinical assessments and behaviour support across the Hunter and Mid-Coast regions.

Like our namesake, the strong and resilient Australian Rosewood tree, we are here to help you grow and thrive.

Our professional, progressive and adaptable approach has seen The Rosewood Centre deliver clinical support services for over 30 years. During this time, we have helped thousands of people across Newcastle, Lake Macquarie, the Upper Hunter and Mid-Coast regions to effectively manage challenges at home and work.

How do I make an appointment?

The Rosewood Centre is accessible in a variety of convenient locations and may also be available outside of office hours (on request).

Our team provide counselling and assessments for adults, children, young people, families, and couples via a range of referral pathways.

We offer face-to-face and telehealth appointment options. To book in with our specialist team, please call 1800 613 155 or visit [rosewoodcentre.com.au](https://www.rosewoodcentre.com.au) and complete the booking form.

Where are your offices located?

Our dedicated team provides counselling sessions in six locations across the Hunter and Mid-Coast regions.

To find an office near you, please visit [rosewoodcentre.com.au](https://www.rosewoodcentre.com.au).

Head Office
46 James Street Hamilton NSW 2303
hello@rosewoodcentre.com.au
1800 613 155

The Rosewood Centre®

PSYCHOLOGY AND
ALLIED HEALTH

Psychology and Allied Health

Support. Grow. Thrive.



Our Services

Good mental health underpins all aspects of a person's life including self-worth, forming and maintaining relationships, and the ability to perform well in work and study.

Counselling

Accessing professional support for life's ordinary and extraordinary challenges is a sign of strength. Our clinicians are trained in a number of evidenced-based therapeutic interventions that are tailored to your needs, and aim to support you to move towards your goals and meet your full potential.

Behaviour Support

Our Behaviour Support Practitioners are registered under the National Disability Insurance Scheme (NDIS), and work collaboratively with carers, families and individuals, to develop individualised behaviour support plans to improve positive outcomes and quality of life.

Neurofeedback

Our team of trained professionals provide Neurofeedback training. Neurofeedback is a short-term treatment of 30-40 sessions (held twice per week), which research has shown, supports the brain to learn new, beneficial patterns with long-lasting effects.

The strongest evidence base for Neurofeedback is linked to children and adults with Attention Deficit Hyperactivity Disorder (ADHD) and sleep disorders, who have not responded to traditional medication management.

Professional Coaching and Supervision

Our expert team can help build more productive workplace relationships, achieve your desired career outcomes and enhance your productivity.

Clinical Assessments

We use gold standard assessment tools and processes to make a recommendation for a diagnosis, and formulate the most effective plan for supporting you or your loved one.

Adoptions Counselling

This is a fully-funded Department of Communities and Justice (DCJ) program, providing free counselling and support services to anyone who is considering or has been affected by adoption.

What issues can our team assist with?

At The Rosewood Centre, we work in partnership with you to develop and enhance resilience and build skills to achieve your goals and reach your full potential.

Some common issues people seek assistance for are:

- Emotional distress
- Work-related and personal stress
- Relationship and family problems
- Grief and loss
- Children's issues
- Conflict with colleagues or managers
- Gambling, alcohol and drug use.

Whatever the nature and extent of your concerns, feel free to contact us and arrange a time to talk with one of our qualified and experienced psychologists and clinicians.

