

Wellbeing Matters

VALUES
IN ACTION

Metro North

Staff Psychology Service



Our mission

To support the mental wellbeing of Metro North employees by providing high-quality and effective psychological services to individuals and teams.



Why speak to a psychologist?

Psychologists can offer practical strategies to enable you and your team to optimise potential, improve resilience and manage distress more effectively in work and life.



Available services

Individual sessions are delivered via Microsoft Teams and telephone, as well as limited face to face opportunities. We also offer workshops, education and team debriefing sessions.



Privacy & confidentiality

Information gathered as part of the service will be stored confidentially and managed in accordance with the relevant legal requirements. Your details will not be linked to any health or human resource records.



How can I access the service?

The free service operates 8am to 4pm Monday to Friday. All employees experiencing concerns or distress are eligible and group sessions can be arranged by managers. To find out more or to self-refer, call 3647 9673, or email MNStaffPsychology@health.qld.gov.au



Is this an emergency?

This is not an emergency service. If you are experiencing a crisis and require immediate assistance, please contact MHCALL on 1300 64 22 55 or present to your facility emergency department.