

Private Clinicians

bpdsa.com.au

Borderline Personality Disorder Support Services in South Australia

Jason Gill Psychology

Location: Hills Psychology Centre, Unit 4, 83 Mount Barker Road, Stirling SA 5152

Phone: 08 8131 0149 **Email:** hillspsychologycentre@gmail.com

Availability: Appointments available Mon, Tues & Wed between 9am - 5pm and Fri between 8am - 12pm

Waiting time: 2-3 months

Cost: \$195 per hour, however a rebate of \$124.50 available with a valid Mental Health Treatment Plan. Discounts and bulk billing for Concession Card holders.

Individual therapy for people experiencing Borderline Personality Disorder as well as carers/ family members of people experiencing BPD. Treatment primarily involves a Dialectical Behaviour Therapy (DBT) – informed approach. This can be used as a stand-alone treatment or as an adjunct to a skills-based group therapy.

Margaret Hartstone and Amanda Burlock Clinical Psychologists

Location: 15 The Parade NORWOOD SA 5067

Website: www.hartstoneburlock.com.au

Cost: Rebate available with a valid Mental Health Care Plan

Providing individual and group-based psychological treatments for adults with a range of issues and mental health concerns.

Centre for Schema Therapy

Location: 195 Glen Osmond Rd, FREWVILLE SA 5063

Website: <http://www.centreforschematherapy.com>

Cost: \$190 for a 50 minute session. Rebate may available with a valid Mental Health Care Plan or appropriate private health cover.

We offer private psychological services to children, adolescents, and adults experiencing a range of presenting issues, including anxiety, depression, Autism Spectrum Disorder, personality disorders, eating disorders, complex trauma, relationship issues and parenting difficulties.

Kathleen Mansfield - Clinical Psychologist

Location: 262 Melbourne Street, North Adelaide, SA, 5006

Phone: 0422 138 234 **Email:** kathleenmansfieldpsychologist@gmail.com

Availability: Monday - Thursday business hours; by appointment only

Waiting time: Approx 1 - 3 weeks

Cost: \$154.50 (concession card) \$184.50 (non concession card)

Maximum Medicare rebate may available with a valid Mental Health Care Plan. HICAPS available in rooms for those using private health insurance.

Providing individual therapy for adults with Borderline Personality Disorder focusing on Dialectical Behaviour Therapy (DBT). Also providing individual therapy for adults with a range of other issues and mental health concerns.

Private Clinicians

Lisa White & Co

Location: Suite 106 / 145 Brebner Drive Westlakes SA **Phone:** 0419 838 720 **Email:** lisa@lisawhite.co

Availability: By arrangement **Cost:** \$160.00 individual sessions, medicare rebate available through the Better Access Initiative, subsidy of \$74.80 per session up to 10 sessions.

Individual therapy available in addition to DBT Group Programs (as listed under the Adelaide - Western support services). Referral required from Psychologist, Psychiatrist or General Practitioner.

Dr. Heather Mattner

Location: 83 Mount Barker Road, Stirling SA 5152 **Phone:** 0414 499 544 **Email:** heathermattnerpsychologist@gmail.com

Availability: Consulting Tuesday, Wednesday, Thursday & Friday **Wait time:** Approx 3 weeks

Cost: Variable - opportunities for bulk billing, private health cover and medicare rebate

Heather has an extensive background in midwifery, maternal-infant health, women's health, perinatal wellbeing/mental health and primary health. During these times, women with a diagnosis of Borderline Personality Disorder can be particularly vulnerable and Heather offers caring, sensitive, professional help for women and their families including:

- Fertility/infertility issues
- Psychological/Mindfulness preparation for labour and birth
- Antenatal/postnatal anxiety and/or depression
- Antenatal, labour/birth and/or postnatal trauma
- Unexpected outcomes
- Grief/loss in pregnancy, birth or postpartum
- Other mental health issues/concerns around pregnancy and postpartum (for example, mood disorders, stress, distress, coping, adjustment)
- Perinatal post-traumatic stress disorder
- Parent-infant relationship issues

Also offering psychology support for doulas, midwifery students, midwives, maternal-infant nurses, perinatal mental health nurses and others.

Bloom Psychology Adelaide

Location: Good Hub, 98-100 Goodwood Road, Goodwood 5034 **Phone:** 0415 198 695

Website: <https://www.bloompsychologyadelaide.com/> **Email:** hello@bloompsychologyadelaide.com

Heather has an extensive background in midwifery, maternal-infant health, women's health, perinatal wellbeing/mental health and primary health. During these times, women with a diagnosis of Borderline Per