



Transformative Psychology

helping people transform their lives

Transformative Psychology 2019-20 Holiday Season Services

Please note that Transformative Psychology will be closed from 5pm on Thursday 24 December 2020 and will reopen from 9am on Thursday 7 January 2021.

I will be on leave during this period. **During my leave period I will be uncontactable.**

The following free telephone crisis / support services can be contacted during this period, if required.

Service	Contact Number
Lifeline	13 11 14
Suicide Line	1300 651 251
Suicide Call Back Service	1300 659 467
Grief Line	1300 845 745
Crisis Assessment and Treatment Services (CATT)	Inner South East - 1300 363 746 Outer East - 1300 721 927 Middle South - 1300 369 012
Beyond Blue	1300 224 636
Mens Line	1300 789 978
OCD and Anxiety Helpline	1300 269 438 or 03 9830 0533
Parentline VIC	13 2289
Your general practitioner and / or your psychiatrist and / or your nearest emergency department	
Police or Ambulance	0 0 0

Wishing you a restful holiday period.

Thank you for your co-operation.

Charles Thermos

Director / Psychologist - Transformative Psychology

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