



Transformative Psychology

helping people transform their lives

2025 - Charles Thermos' Leave Details (Sep/Oct) / Professional Support Arrangements

I will be on leave from **Wednesday 3 September 2025** until **Monday 13 October 2025** (inclusive).
I will resume practice on **Tuesday 14 October**.

During my leave period **I will not be contactable.**

The following **psychologists (fee for service), telephone support services (free) and CATT services (free)** can be contacted during my leave period, if required.

You may also contact your **general practitioner** and/or **psychiatrist**. Or call **000** if it's an emergency.

Psychologists:

-Peter Charleston, Psychologist **0413 135 208**

Level 2, Suite 210 / 370 St Kilda Road, Melbourne

-Lena Papadopoulos, Clinical Psychologist **0402 315 125**

244 Malvern Road, Prahran

-Nexus Psychology **9500 0751**

You may call Nexus and let them know you usually consult Charles and need to speak with one of their psychologists as he is on leave. Their rooms are at 517 St Kilda Road Melbourne.

Link to their psychologists:

<https://www.nexuspsychology.com.au/experienced-melbourne-psychologists/>

Telephone support services:

Lifeline (24 hours)	13 11 14
Suicide Line Victoria	1300 651 251
Suicide Call Back Service	1300 659 467
Beyond Blue	1300 224 636
MensLine Australia	1300 789 978
GriefLine	1300 845 745
Parentline VIC	13 22 89
OCD and Anxiety Helpline	1300 269 438 or 9830 0533

Crisis Assessment and Treatment Services (CATT)

Inner South East	(Prahran)	1300 363 746
Outer East	(Maroondah)	1300 721 927
Middle South	(Clayton)	1300 369 012
North East	(Heidelberg)	1300 859 789
Inner & North West	(Melbourne)	1300 874 243

Charles Thermos - Director Transformative Psychology, Counselling Psychologist