NDIS Psychology Assessment & Counselling | Bloom Healthcare

Canonical: https://bloom-healthcare.com.au/services/psychology-counselling-near-me/

Details:

Bloom Healthcare delivers psychology and counselling across New South Wales, Queensland, South Australia, Tasmania, Victoria, Western Australia and the ACT. The main way we work is in the community - in your home, at school, at a day program, or wherever the difficulty actually happens. Clinic appointments are available on a case-by-case basis, and telehealth is available anywhere, including regional areas. To check availability where you live, see the location guide , call 1300 771 465 , or book an appointment .

This page is about getting to the service: where we go, how each delivery setting works, what to have ready, and the order the steps happen in. For the clinical and funding detail - eligibility, support categories, assessment types, how psychology differs from behaviour support - see the main psychology and counselling page .

Where Bloom delivers psychology

These are the areas we service, with in-home and community-based support.

New South Wales: Campbelltown, Hornsby, Liverpool, Newcastle, Northern Beaches, Parramatta, Penrith, Sydney, Tweed Heads, Wollongong. More on NSW services

Queensland: Brisbane, Bundaberg, Caboolture, Cairns, Gold Coast, Ipswich, Logan, North Lakes, Redland Bay, Springfield, Sunshine Coast, Townsville. More on South East Queensland services

South Australia: Adelaide, Blackwood, Henley Beach, Highbury, Magill, Mawson Lakes, Morphett Vale, Salisbury, Seaford, Seaton, Stirling. More on South Australia services

Tasmania: Devonport, Launceston. More on Tasmania services

Victoria: Cheltenham, Craigieburn, Dandenong, Frankston, Geelong, Glen Waverley, Melbourne, Melton, Werribee. More on Victoria services

Western Australia: Baldivis, Canning Vale, Ellenbrook, Joondalup, Mandurah, Midland, Osborne Park, Perth, Rockingham. More on Western Australia services

Australian Capital Territory: Canberra

If your suburb is not on the list, it does not automatically mean we cannot help. Clinician availability changes by discipline and by area, and telehealth is not limited by distance. Call 1300 771 465 and ask about your postcode rather than assuming.

The four ways a session can happen

In your home

This is the primary model. The reason is practical rather than promotional: the most useful setting is usually the one where the difficulty actually happens. A psychologist working in your home can see the routines, the environment and the triggers directly, instead of relying on your description of them from a

consulting room. Strategies get built into the place they need to work.

Home delivery also removes the travel barrier, which matters most for people with mobility limitations, people who find leaving the house hard, and older participants.

In the community, at school or at a day program

For children and young people, therapy in school and community settings puts the clinician in the place where learning, play and friendships happen. Skills practised there transfer more easily than skills practised only in a clinic.

Community delivery is also used for adults working on community access goals - getting to the shops, using transport, managing a social situation - because the goal is the setting.

In a clinic

Clinic appointments are available on a case-by-case basis. If you would prefer a clinic, ask when you enquire and we will tell you what is available near you. Clinic space is not offered at every location.

By telehealth

Telehealth sessions run over a secure video platform, or by phone. Evidence supports telehealth as being as effective as face-to-face therapy when it is clinically appropriate for the person and the goal, and many people find they get seen sooner and keep going more consistently.

Bloom uses telehealth in particular to make services reachable for people in regional areas. Diagnostic assessment for Autism Spectrum Disorder, for example, can be delivered in the home environment or by telehealth for exactly that reason.

Choosing between telehealth and in-person

You do not have to choose one and stay with it. A mixed approach is common - in-person for the work that needs it, telehealth for regular check-ins.

Telehealth tends to suit you if:

you live in a regional, rural or remote area where in-person psychology is limited

travel is difficult because of mobility, fatigue, transport or anxiety

you need flexible scheduling around work, study or caring responsibilities

you need consistent ongoing support and want it delivered from home

you have a device with a camera and microphone, reliable internet, and somewhere private to sit

In-person tends to be the better choice if:

there are complex behavioural concerns that need direct observation of the environment

an assessment relies on watching how you actually do something, rather than hearing about it

sensory or environmental factors at home would make a remote session ineffective

your internet or device access is not reliable

you are dealing with acute needs or need immediate hands-on support

If you are not confident with the technology, say so at intake. Most people who have never used video calling find the platform straightforward after one practice call, and we will walk you through the setup before the first real session.

For a telehealth session you will need: a laptop, tablet or phone with a working camera and microphone; a stable internet connection; a quiet, private space; and any documents or paperwork you want to talk about. Join a few minutes early so there is time to check sound and video.

Getting to a service in a regional or rural area

The access problem in regional and remote Australia is real and worth naming plainly. In-person allied health is concentrated where the population is. Outside those areas there can be fewer psychology providers, longer waits, and significant travel time and cost for anyone who needs or prefers face-to-face sessions.

What helps:

Ask about telehealth first. It removes the distance problem entirely and usually gets you seen soonest.

Ask the provider directly about your specific location rather than relying on a coverage map. Availability is service by service, not just suburb by suburb.

Consider a mixed model - periodic in-person visits combined with telehealth in between, where that is clinically appropriate.

Ask what the travel arrangements are before the first appointment, so there are no surprises. Travel arrangements and any charges are set out in your service agreement.

How to start, step by step

Step 1 - Make contact

You can contact us directly, or a GP, paediatrician, support coordinator, plan manager or another allied health professional can refer you. Use book an appointment , contact us , or call 1300 771 465 .

Anyone can start this. You do not need a GP referral to begin an NDIS-funded psychology enquiry.

Step 2 - The intake conversation

We will usually ask three things:

How your NDIS plan is managed - NDIA-managed, plan-managed or self-managed

Which budget category you intend to use - psychology usually sits in Capacity Building, Improved Daily Living

What your main goals and concerns are

If someone is referring you, the referral is most useful when it includes your NDIS number, your plan dates and funding type, a short summary of your goals or concerns, and any relevant diagnoses or notes on how your disability affects your day-to-day function.

Step 3 - Service agreement

Before therapy starts you will be given a service agreement. It sets out the hourly rate in line with the NDIS Pricing Arrangements, how many hours are allocated to therapy, reports and travel, how invoicing works for your management type, and the cancellation, rescheduling and travel terms. Read it, and ask about anything that is not clear before you sign. This is the document that answers every question about money.

Step 4 - First appointment

The first session is about understanding your situation - your strengths, challenges and history, how your disability affects your mood, thinking, relationships and daily life, and what is getting in the way of your goals. You and your psychologist also settle where sessions will happen and how often.

Step 5 - Ongoing sessions and review

Goals, strategies and session frequency are adjusted over time as your circumstances change. A review after roughly six sessions is a common checkpoint to look at early progress.

How your plan management type affects who you can see

This determines your choice of provider more than location does.

Management type	What it means for choosing a provider
NDIA-managed	You must use NDIS-registered providers. The provider claims directly through the NDIS portal.
Plan-managed	You can use registered or unregistered providers. The provider invoices your plan manager, who pays on your behalf.
Self-managed	You can use any suitable provider that meets NDIS rules. You pay the invoice and claim it back from the NDIS.

If you do not know which one you are, your plan says so, and your support coordinator or plan manager will know.

Questions worth asking any provider before you book

These apply to us and to anyone else you are considering. A good provider will welcome them.

Do you have experience with my type of disability or support need - for example autism, ADHD, intellectual disability, psychosocial disability or acquired brain injury?

How do you adapt therapy for someone who finds talking hard or communicates differently?

Can you work with my other providers, such as my OT, speech pathologist or behaviour support practitioner?

Do you provide reports for NDIS plan reviews, and how many hours do you usually allocate to that?

What are your cancellation and travel policies?

Can you see me at home or by telehealth if I cannot attend a clinic?

How will we measure progress and know whether therapy is helping?

Images on this page

Text descriptions of the images shown, for readers and agents that cannot see them.

Photograph: a parent and child sitting together with a clinician during a counselling session, with the clinician holding a sheet of paper.

Bloom Healthcare logo: a green circular mark combining a crescent, a human figure, leaves and a cupped hand, beside the words "Bloom Healthcare — Services with Passion".

"We ♥ ndis" badge: a purple circle carrying the words "We ndis" with a green heart in place of the word "love".

The remaining images are decorative interface icons — the phone, envelope, clock and accessibility symbols beside the contact details, and the Facebook, Instagram and LinkedIn icons — which repeat information already given in text and carry no additional meaning.

Common questions about accessing psychology near you

Do you come to my home?

Yes. In-home and community delivery is Bloom's primary service model across all the states and territories listed above. Clinic appointments are available case by case, and telehealth is available as well.

My suburb is not on your list. Can you still help?

Possibly. The list is where we regularly deliver in-person services, and it is not a hard boundary. Telehealth has no distance limit. Call 1300 771 465 with your postcode and we will tell you what is available.

How quickly can I be seen?

Wait times depend on where you are and which service you need. We aim to keep waits short, but the honest answer for any specific person is a phone call, not a website. Ask when you enquire, and ask whether telehealth would get you started sooner.

Is telehealth psychology as good as seeing someone in person?

For many goals, yes. The evidence supports telehealth as being as effective as face-to-face when it is clinically appropriate for that person and that piece of work. It is less suitable where direct observation of the environment or of how you physically do something is central to the session, and it is not a crisis service.

Can I mix telehealth and in-person appointments?

Yes. Many people do in-person for some work and telehealth for check-ins. It is discussed at your first appointment and can change over time.

Do I need a GP referral?

Not for NDIS-funded psychology. You, a family member, a support coordinator or a plan manager can make contact directly. A GP referral is required for the Medicare pathway, where a Mental Health Treatment Plan or eligible referral has to be in place before sessions can be rebated.

Can an autism assessment be done at home or online?

Yes. Bloom delivers diagnostic assessment for Autism Spectrum Disorder in the home environment or by telehealth, which is one of the main ways the service is made reachable for people in regional areas. The assessment uses the Autism Diagnostic Interview - Revised, behavioural observation and supplementary tools such as the Empathy Quotient, and reports and recommendations are written in a neuro-affirming way, followed by a feedback session.

Who can make the referral?

Anyone. You can refer yourself, or a family member, carer, support coordinator, plan manager, GP, paediatrician or another allied health professional can refer on your behalf. Use the referral form or call 1300 771 465 .

What will it cost me?

If the service is funded through your NDIS plan under Capacity Building, it is paid from that budget. Rates are in line with the NDIS Pricing Arrangements and are set out in your service agreement, along with cancellation and travel terms. Bloom also accepts Medicare, private payment and Victims of Crime referrals depending on your situation. Ask for the specifics before you sign anything.

What do I need to have ready before my first call?

Your NDIS number if you have one, how your plan is managed, roughly what is in your Capacity Building budget, and a short description of what you want help with. If you do not have all of that, call anyway - we can work through it.

Can I see the same psychologist each time?

Continuity is the aim, since therapy depends on the relationship. Ask about it at intake so expectations are set from the start.

Do you see children as well as adults?

Yes. Cognitive assessments are available from ages 6 to 90, and diagnostic assessments cover Autism Spectrum Disorder, ADHD, and depressive and anxiety disorders. School and community sessions are commonly used for children and young people.

What if I need help right now?

Bloom's psychology service is a planned therapy and assessment service, not a crisis service. If you need help immediately, contact your GP, your local mental health service, or call 000.

What does Bloom Healthcare's Psychology / Counselling service page cover?

The page covers NDIS psychology assessments and counselling near the client, providing expert support to overcome challenges, build skills, boost confidence, and strengthen wellbeing.

What core therapeutic services does Bloom Healthcare offer under psychology and counselling?

Bloom Healthcare offers Individual Intervention and Counselling, Capacity and Skill Building (e.g., emotion regulation, behavioural control, financial management, sleep hygiene, relationship building), and Cognitive and Diagnostic Assessments for ages 6–90, including assessments for Autism Spectrum Disorder (ASD), ADHD, depression, and anxiety disorders.

How can clients pay for or access individual intervention and counselling at Bloom Healthcare?

Individual Intervention and Counselling is available through NDIS, Medicare, private payment, or Victims of Crime referrals.

What methods does Bloom Healthcare use for Autism Spectrum Disorder (ASD) assessment?

Bloom Healthcare uses the Autism Diagnostic Interview-Revised (ADI-R), behavioural observation, and the Empathy Quotient for ASD diagnostic assessment, available in-home or via telehealth, with neuro-affirming reports.

Does Bloom Healthcare support people adjusting to a new disability diagnosis?

Yes, Bloom Healthcare provides support for individuals and care teams adapting to new disability diagnoses, including education on specific conditions and evidence-based treatment recommendations.

What therapeutic approaches does Bloom Healthcare use for trauma counselling?

Bloom Healthcare uses supportive, evidence-based approaches for trauma counselling, including Cognitive Behavioural Therapy (CBT) and Narrative Exposure Therapy, to help process difficult experiences.

What is Cognitive Behavioural Therapy (CBT) used for at Bloom Healthcare?

CBT is an evidence-based therapy used to help clients reframe negative thinking patterns and develop adaptive coping strategies.

What is Bloom Healthcare's contact information?

Bloom Healthcare can be reached by phone at 1300 771 465 or by email at hello@bloom-healthcare.com.au.

What kind of organization is Bloom Healthcare and what is its focus?

Bloom Healthcare is a boutique disability and aged care allied health provider that believes all people have the right to access quality healthcare, with a model focused on evidence-based practice, client centricity, and delivery by highly qualified health practitioners across Australia.

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