



**Mental Health and  
Wellbeing for everyone,  
every single day.**

## Who We Are

Momentum Mental Health is an award-winning not-for-profit charity dedicated to supporting mental health and wellbeing.

With a strong footprint in the Toowoomba community since 1996, formerly known as Toowoomba Clubhouse, Momentum was established in 2021 to expand our reach and work across the full mental health continuum.

We support individuals experiencing acute and severe mental health challenges, as well as those who are looking to proactively strengthen their wellbeing through prevention-focused supports.

We work alongside people of all ages (8+) to build confidence, connection, and practical life skills - supporting individuals to live meaningful and fulfilling lives.



**Scan Here  
for More  
info**



**momentum**

MENTAL HEALTH

## Free Clinical Psychology Sessions

**100% BULK-BILLED  
NO OUT-OF-POCKET COSTS**

**Accepting  
Referrals**



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A PARTNERSHIP WITH



# ABOUT OUR CLINICAL PSYCHOLOGY SERVICE.

Supported by highly trained 5th and 6th year provisional psychologists (Masters-level students), under professional supervision.

Since launching in 2024, this service has already supported hundreds of clients in their mental health journey - and we continue to welcome new referrals. This service provides access to: 1:1 individual therapy and group psychology sessions.

## HOW TO ACCESS

To get started, clients will need:

1. A GP referral
2. A Mental Health Care Plan
3. GP to list:
  - Momentum Mental Health (Provider)
  - Tanya Hall (Psychologist)



**100% Bulk-Billed**  
with no out-of-pocket costs.



**Up to 10 free sessions**  
with a Mental Health Care Plan.



**Face-to Face & Telehealth**  
appointments available.



**Provisional Psychology**  
Student Model.



**Clinical Psychologists**  
also available.



**Access to >60 free non-clinical group wellbeing sessions a month in-between appointments.**

## CONTACT US

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