

SUPPORTING **RECOVERY, FUNCTION AND RETURN TO WORK:**

# Workers' Compensation Psychological Services

**SIRA-approved psychological support** for your patients  
navigating **workers' compensation**



**SUBMIT A REFERRAL**  
[mind-care.net.au/submit-a-referral](http://mind-care.net.au/submit-a-referral)

Mind-Care provides **SIRA-approved psychological support** for patients navigating workers' compensation. Our team works with treating doctors, insurers and other practitioners to support recovery, reduce psychological load, and help patients return to meaningful function and work.

## What **your patients** can expect



### **Evidence-based treatment**

Aligned with the SIRA Clinical Framework



### **Goal-focused recovery**

Clear, functional, measurable goals



### **Transparent communication**

Regular updates with referrers



### **Collaborative care**

Between health & insurance providers



### **Flexible delivery**

In-person and telehealth options

## How we support **injured workers:**

- **Managing anxiety and low mood** – related to injury, uncertainty and time off work
- **Processing trauma** – following a workplace incident
- **Building coping strategies** – for chronic pain with psychological overlay
- **Rebuilding identity and confidence** – when injury disrupts routine and purpose
- **Supporting return to work** – including graded and modified duties
- **Navigating complex claims** – managing stressors across prolonged claims



**Gina McGrath**  
SIRA: **6933**  
Gentle, steady care for anxiety and adjustment



**Leilani de Silva**  
SIRA: **25411**  
Calm, clear support for injury-related stress



**Laura Nolan**  
SIRA: **21934**  
Evidence-based treatment for multifactorial presentations



**Veronica West**  
SIRA: **150643**  
Trauma-informed care for complex workplace injuries



**David Pearce**  
SIRA: **23283**  
Practical, steady support for recovery and return



**Natalie Adcock**  
SIRA: **In progress**  
Structured, supportive care for complex adult claims

## REFERRALS AND ENQUIRIES



**02 4943 4111**



**02 4943 4400**



**hello@mind-care.net.au**

*Telehealth available where clinically appropriate.*