

WorkFit and Wellness

07 5293 9070

Your Employee Assistance
Programme Provider

WorkFit and Wellness have qualified and experienced psychologists who can help you with work, family or personal issues.

All counselling is confidential and provided at no cost to employees.

You can access WorkFit and Wellness by phone, telehealth, or in person. Centres are located on the Sunshine Coast, Moreton Bay and Gympie.



About Us

All WorkFit and Wellness psychologists are AHPRA-registered and completely independent of your workplace.

We can discuss your concerns and their effects on your life and work. We can help you to deal effectively with your concerns by considering your options, and providing you with psychological education and treatment as necessary.

We can help you to safeguard your mental health, identify stressors, communicate effectively, and build your support network. We are here to protect and support you during times of stress, and help you to recover and become more resilient.

Support is provided in a caring and non-judgemental environment.

WorkFit and Wellness is part of Your Best Life Disability and Health Services Ltd which provides health and disability supports including Occupational Therapy, Speech Therapy and Psychology.

To make an appointment

Phone us on
(07) 5293 9070

or email us on
workfitandwellness@comserv.ybl.org.au

Same day service may also be available when you need to talk with someone right now.

Need to talk with someone after hours?

Lifeline is available 24/7 13 11 14
Beyond Blue 1300 22 46 36

Call: (07) 5293 9070

Email: workfitandwellness@comserv.ybl.org.au