

About Us

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

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.



Contact Information

To make an appointment,
phone (07) 5293 9070

or email
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

AKD's Employee Assistance Program (EAP) is designed to help employees identify and overcome any personal or work-related issues they may be experiencing.

AKD Caboolture has partnered with WorkFit and Wellness who have qualified and experienced psychologists who can help you, a valued AKD Caboolture employee, with work, family or personal issues. AKD is here to offer our support and services through our Employee Assistance Program.

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.