



WELCOME TO OUR

Monthly Newsletter

Introducing Pitstop Health: Child, Adolescent and Adult Mental Health Practice at Upper Mount Gravatt

Thank you for your ongoing collaboration with us. Pitstop Health is a multidisciplinary mental health practice catered to children, adolescents and adults, consisting of psychiatrists, psychologists, speech pathologist, counsellor and play therapist.

We recently opened our doors in August 2023, and are available to accept referrals. Please read on to know more about us, and health issues that we can support.

Every month, we also aim to provide you with some clinical updates and educational tools. Stay tuned!



Dr Patrik Ho
Clinical Director

In this newsletter you will find:

Meet our Team, Referral Processes and more. Keep Reading!

Meet Our Team



Dr Patrik Ho
Child, Adolescent and Adult
Psychiatrist

Waiting Period: 6 months



Dr Jack Hsu
Child and Adolescent
Psychiatrist

Waiting Period: 3 months



Shawn Wang
Registered Psychologist

Good availability



Alex Catt
Registered Psychologist

Good availability



Bonnie Kang
Senior Speech Pathologist

Good availability



An Yang
Counsellor / Play Therapist

Good availability

Referral Process

Medical Objects is our preferred method for all practitioners

Alternatively, you can send the referral to reception@pitstophealth.com.au

Pitstop Insights: Play Therapy

Play Therapy

Play therapy is a therapeutic technique that uses children's unique language - play, to engage them in a multisensory, interactive process. It goes beyond traditional talk therapy, providing a safe, supportive environment for children to express themselves, develop life skills, and overcome challenges.

Play therapy fosters growth by acknowledging children's needs and beliefs, allowing them to become more authentic and integrated individuals who are better at responding to triggers and challenges.



Who can benefit from play therapy?

Play therapy is helpful for children between ages 3 - 12. Play therapy may be helpful in a variety of circumstances, such as:

- ADHD
- ASD
- Anxiety
- Attachment Issues
- Behavioural issues
- Bereavement
- Bullying
- Depression
- Family Separation
- Peer relationships
- Self-esteem and Identity Issues



An Yang: Play therapy counsellor

An is a registered counsellor and psychotherapist with over a decade of experience working with child, adolescent and adult presentations. Employing an integrated counselling and psychotherapy approach tailored to individual needs, An prides herself on being genuine and authentic. As a mother of two young boys, An relates to the parenting difficulties of raising children while maintaining healthy relationships.



reception@pitstophealth.com.au



07 3132 7987



www.pitstophealth.com.au



Suite 108, 1808 Logan Road,
Upper Mt Gravatt, Q 4122