If you want to see a psychiatrist, or a psychologist we recommend that you first see the general practitioner, who is responsible for your overall health care. Your general practitioner can discuss your problem with you, advise you on whether you need to see a psychiatrist or a psychologist and provide a referral if required.

For a listing of psychiatrists in private practice in Australia you can go to :

www.ranzcp.org/Mental-health-advice/find-a-psychiatrist.aspx

For a listing of psychologists in private practice in Australia you can go to:

https://www.psychology.org.au/FindaPsychologist/

For a listing of psychiatrists in private practice in New Zealand you can go to :

http://www.healthpages.co.nz/medical-specialists/psychiatry-related

For a listing of psychologists in private practice in New Zealand you can go to:

http://www.psychologistsboard.org.nz/what-psychologists-do2/find-a-psychologist