

OUR LOCATIONS



North (Joondalup)

Unit 6, 40 Central Walk, Joondalup
WA 6027

Central (Nedlands)

Unit 1, 20 Leura Street, Nedlands WA 6009

South (Cockburn Central)

862 North Lake Road, Cockburn Central
WA 6164

East (Harrisdale Medical Centre)

120 Yellowwood Avenue, Harrisdale WA
6112

For directions to our clinic visit:

www.perthpsychologists.net.au



PHONE 1300 70 50 55

for enquiries or appointments



PERTH PSYCHOLOGISTS

Find help ... Find a Perth Psychologist

To make an appointment or
find out more information

 **1300 70 50 55**

Go to our website:

www.perthpsychologists.net.au



www.facebook.com/PerthPsychologists



Email our Support Team:

support@perthpsychologists.net.au



DISCLAIMER

The information contained here does not constitute medical
or psychological advice, diagnosis or treatment.



PERTH PSYCHOLOGISTS

Find help ... Find a Perth Psychologist

Everyone needs help at times. At Perth Psychologists we are here to help you work through whatever may be challenging at the moment.

Our professional counsellors aim to create positive change for those seeking help. We aim to assist you to both understand the causes of the issues and to apply practical strategies to overcome them.



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AREAS WHERE WE CAN HELP YOU



- Anger management
- Anxiety
- Behaviour problems
- Depression
- Grief and loss
- Legal reports
- Mediation
- Panic attacks
- Parenting (Child and Adolescent)
- Phobias
- Post-Traumatic Stress Disorder
- Relationships
- Self-harm/suicide
- Sexual abuse
- Separation/Divorce
- Workplace problems
- Workers Compensation



THE TECHNIQUES WE USE



The services we offer at Perth Psychologists include one-on-one, couple and family sessions, workshops and organisational consulting.

Our mission is to practically address the issue presented with wisdom and kindness, and to actively increase the well-being and quality of life of each individual.



Counselling works on issues with some of the following techniques:

- **Negative Beliefs / Anxiety / Depression** - Cognitive-Behavioural Therapy (CBT), Mindfulness Training.
- **Traumas / Addictive Patterns** - Eye Movement Desensitization and Reprocessing (EMDR), Hypnosis, EFT.
- **Couples Conflict** - Relationship counselling, Communication/conflict resolution training.
- **Anger Management** - Relaxation strategies, Trigger-Response Assessment.
- **Parenting** - Child and Adolescent behavioural strategies.

MEDICARE REBATES



Psychology attracts Medicare rebates for a range of issues, to be eligible for a Medicare rebate, see your GP to fill out a Mental Health Care Plan.

PRIVATE HEALTH INSURANCE REBATES



Most health insurers offer a part rebate for psychology counselling. If you choose to go private please check with your provider first. We will then issue you with a receipt which you can send in to receive your rebate.



OUR VISION

"To provide accessible psychological services that enhance the well-being and quality of life of society."

Perth Psychologists Pty Ltd
ACN 621 786 098