

Maternal Mental Health



Home Visits @ No Cost

Tel: 03 9489 3007

Fax: 03 9489 3004

Pre Natal & Post Natal Mental Health

Secure attachment of mother and baby is the basis for early childhood development. Get help coping with anxiety, depression, or other issues causing you distress.

- Emotional distress , anxiety, depression
- Adjusting to pregnancy and parenting
- Receiving too much unsolicited advice
- Not receiving enough practical support
- Adjusting to change in relationships
- Engaging with your child and family



For your convenience

**Home Visits @ no cost
with a GP Care Plan**

Practical Parenting

Adjusting to new challenges and changed relationships with children, partners, family and friends. Helping parents with practical strategies for:

- Changes to career and work life
- Having a bigger family, with less time
- Managing your own emotional needs
- Positive parenting skills
- Meeting the needs of your children
- Future career or stay at home parent



Be the best parent you can be

**Designated day for your area
Call for an appointment 9489 3007**

[engage] Psychology

1 on 1

Children ♦ Adolescents Adults ♦ Family ♦ Couples

We help people develop new skills and work out practical strategies to overcome life's challenges.



Engage with Life

Children & Adolescents

Our experienced team use evidence based cognitive behavioural therapy, mindfulness, and age based play therapy.

- Practical strategies for stress, anxiety, peer pressure, bullying, self esteem, friendships and other issues.
- Social, emotional, behaviour, language and communication development.
- Autism Spectrum Disorder and early childhood development.



Helping young people

Adults, Family, Couples

Helping people of all ages - young adults, couples, families, and older, to overcome challenges and engage with life.

- Social skills, confidence, relationships, self development and happiness.
- Depression, anxiety, trauma, stress, abuse, anger, grief and loss.
- Work issues, life direction choices, coping with adversity and change.
- TAC, Work Cover, DVA, VOC, other.
- Psychs on site at GP Clinics.



Overcoming life's challenges

Tel: 03 9489 3007

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Large Team in the Clinic

Large Team in the Field