

# Psychology **Services**



Our Psychologist can assess your mental health needs and utilise evidence based therapy to help you **manage your symptoms** and assist you to **achieve your treatment goals**.

We can help you manage symptoms associated with a variety of conditions and life adjustments, including (but not limited to):

- Depression and other mood disorders
- Anxiety
- Pain management
- Grief and loss
- Support for carers
- Relationship difficulties
- Addiction
- Adjustment to disability

For further information:

**1300 782 896 | [integratedliving.org.au](https://integratedliving.org.au)**

