



Counselling and Psychology Support Services

Enhance your daily
functioning and maximise
your independence






Allied Health for Wellness



OUR SERVICES

Our expert counselling team have all the experience needed to assist adults with a wide range of concerns. Whatever you're going through, our team is here to guide you through it. Reach out to us, and let's tackle these challenges together!

We provide support for:

- Adjustment to disability, injury or health conditions
 - Attention Deficit/Hyperactivity Disorder (ADHD)
 - Anxiety disorders
 - Depression
 - Peri and post-natal depression
 - Suicide prevention
 - Stress management
 - Substance dependence
 - Sleep disorders
 - Trauma and PTSD
 - Grief and bereavement
 - Interpersonal and social difficulties
 - Coping with Anger
 - Work related stress and burnout
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ADHD ASSESSMENT

Our service offers individualised assessments, utilising suitable tools and generating comprehensive reports to aid in the Attention Deficit Hyperactivity Disorder (ADHD) diagnostic process.

ADHD COACHING

We offer support and strategies to help individuals with ADHD improve their focus, organisation, time management, and overall daily functioning.




REFERRAL PATHWAYS

Better Access Initiative: GP referrals with a Mental Health Care Plan are eligible for a Medicare rebate. Gap payment applicable.


Private Health Funds: Check with your fund to see if you are eligible.

Self Referral: Individuals can self refer via our website or email connect@ahwellness.com.au





Let us be your trusted partner on your journey to independence and improved quality of life.



Allied Health for Wellness experienced Psychologists are AHPRA registered and accredited practitioners in a range of specialised assessments and counselling services. Empower yourself with our counselling services that provide essential tools and unwavering support to navigate life's challenges. Gain valuable skills to tackle any situation, and seize joyful moments while overcoming hardships with resilience.

Together, we'll help you thrive



How do I find out more?

CONNECT WITH US



0492 800 314



connect@ahwellness.com.au



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