



# HEALTHY MINDS

## Psychological Services

**CBD**  
Suite 304, Level 3  
343 Little Collins Street  
Melbourne 3000

**BROADMEADOWS**

Hillcrest Health Centre  
50-52 Bamburgh Street  
Broadmeadows 3047

**GREENSBOROUGH**

Back In Action  
279 Para Road (Cnr Flintoff St)  
Greensborough 3088

**PRESTON**

Darebin Serviced Offices  
Suite 1, 294 High Street  
Preston 3072

**WERRIBEE**

Friendly Medical Centre  
83 Watton Street  
Werribee 3030

**SUNSHINE**

Platinum Health & Pilates  
151 Anderson Rd  
Sunshine 3020

## Job Capacity Account Services

Healthy Minds offers Job Capacity Account Services that aim to overcome vocational and non-vocational barriers to employment to assist clients to be ready to engage in sustained employment. Our team of five registered Psychologists use a client-focused approach to assist clients in addressing the following issues:

### Cognitive Behaviour Therapy

- Panic and Anxiety Disorders
- Trauma & Post Traumatic Stress
- Motivation & Work Goals
- Addictions (e.g., AOD, gambling)
- Health Management Issues
- Pain Management
- Self-Esteem and Confidence

### Other Psychological Support Programs

- Trauma and Post Traumatic Stress
- Life Crisis
- Domestic Violence
- Grief and Loss
- Vocational Counselling
- Goal Setting and Increasing Motivation
- Self-Esteem and Confidence

### Behaviour Management & Modification

- Weight Management
- Motivation and Performance
- Health Management Issues
- Difficulties Sleeping
- Addictions (e.g., AOD, gambling, smoking)
- Anger Management
- Goal Setting / Goal Restructuring
- Vocational Assistance and Employment Transition Support

### Social Casework & Support

- Social Skill Development
- Social Isolation
- Relationship Breakdown & Family Conflict
- Workplace Behaviour and Communication
- Social barriers (e.g., AOD, accommodation, financial issues)

Counselling services are available in Broadmeadows, Greensborough, Melbourne City, Preston, Sunshine, St Albans and Werribee. With assessments (e.g., WIAS) in addition to our listed offices, we are able to liaise with JCAc clients to arrange a room at an appropriate location anywhere in Melbourne and in some instance, regional areas.

### Healthy Minds is able to provide the following Assessments

- Intellectual functioning (WAIS)
- Learning and literacy
- Memory
- Personality
- Vocational

Healthy Minds JCAc referrals can be sent to our e-mail [info@healthyminds.net.au](mailto:info@healthyminds.net.au) or to our fax number (03) 94021085. We are also available to speak with assessors on (03) 9004 1206 and on our mobile 0416 743 251.