



HEALTHY MINDS

Psychological Services

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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

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

Other Psychological Support Programs

- Trauma & 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 & Communication
- Social barriers (e.g., accommodation, AOD, financial issues)

Counselling services are available in Broadmeadows, Greensborough, Melbourne City 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.

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 healthyminds@optusnet.com.au or to our fax number (03) 94021085. We are also available to speak with assessors on (03) 9004 1206 (with message service) and on our mobile 0416 743 251. The Healthy Minds JCAC referral sheet is available on our website www.healthyminds.net.au.