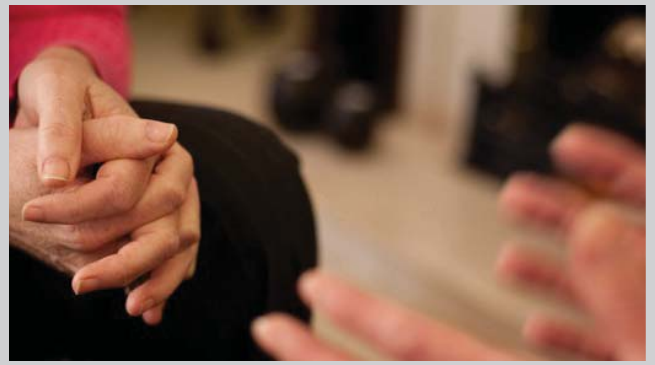


OZ COUNSELLING & PSYCHOLOGICAL SERVICES



OZ COUNSELLING & PSYCHOLOGICAL SERVICES is committed to providing the highest quality of psychological services within friendly, confidential, non-judgmental, safe and welcoming environment. Our practitioner is extensively trained in evidence based treatment methods of both Eastern and Western approaches. **We provide Evidence-based practice (EBP) by integration of the best available research with clinical expertise in the context of patient individualistic needs, culture, circumstances, goals and preferences.** We are now taking referrals to our clinic.

We provide extra psychological consultations, if and when required, on Pro Bono bases over and above the 10 Medicare sessions under the Mental Health Care Plan. This is to help out the most disadvantaged and vulnerable people in our community who cannot afford psychological treatments and suffer without getting any treatment.

CLINIC MISSION

- To work for humanity on not for profit principals.
- The Psychological wellbeing of the client is our focus and is paramount to us.

WE PROVIDE:

- Home Visits
- Medicare items are bulked billed on the spot
- Open 7 days per week 8:00 am to 8:00 pm
- Same day appointments may be possible for urgent cases
- Multicultural focused services, provided in English, Punjabi, Hindi, Urdu and Bengali
- Telephone, Skype, Viber, Face time, Line and WhatsApp consultations available

SERVICES OFFERED

Evidence based method used: After establishing a baseline measurement of well-being, mood and psychological condition, our therapist uses a variety of techniques and therapies. We provide a wide range of psychological help in many areas such as below:

- Trauma Counselling
- Student Counselling
- Taxi Driver Counselling
- Family and Relationships
- Psychological Counselling
- Mindfulness & Relaxation
- Employee Assistance Program
- Migrant & Refugee Counselling
- Motor Vehicle Accident Counselling

ECOFRIENDLY, PAPERLESS PSYCHOLOGICAL PRACTICE NO FAX, EMAIL ONLY



OZ COUNSELLING & PSYCHOLOGICAL SERVICES

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Culturally focused services in English, Hindi, Punjabi, Urdu and Bengali.