mindhealth

IT'S TIME TO TALK ABOUT MENTAL HEALTH



TREATMENT & PROGRAMS

Our services include:

- Psychologists & allied health clinicians
- Individual therapy (CBT, DBT, ACT, Schema)
- Trauma-focused care (EMDR, CPT, PE, TF-CBT)
- Couples, family & group therapy
- Psychological assessments (ADHD, autism, IQ)
- "Temper Tamers®" Anger Management Program
- Mindfulness X & Positive Psychology (P3)

Our team at Mind Health builds personalised plans that address what's driving the difficulty, not just the symptoms, and the skills to manage it.

TAKE THE FIRST STEP TODAY!

1300 084 200

info@mindhealth.com.au

mindhealth.com.au

Mon–Fri 9am–5pm

Suite 1, Level 3, 20 Wentworth St

Parramatta NSW 2150

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Need support right now? Lifeline 13 11 14 · Emergency 000 — available 24/7.

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PRIORITISE YOUR

MENTAL HEALTH

IN PARRAMATTA & ONLINE ACROSS AUSTRALIA



SIGNS IT MAY BE TIME TO TALK

Most of us feel these sometimes. Talk to someone if they last over 2 weeks, get in the way, or get worse. Thinking of harming yourself? Call 000 or Lifeline 13 11 14.

EMOTIONAL SIGNS

- Persistent sadness
- Excessive worry
- Anxiety
- Anger & irritability
- Hopelessness
- Mood swings
- Panic attacks
- Apathy
- Shame or guilt
- Low self-esteem

BEHAVIOURAL SIGNS

- Poor self-care
- Social withdrawal
- Aggression
- Impulsivity
- Risky behaviours
- Appetite changes
- Compulsions
- Procrastination
- Substance use
- Self-harm

COGNITIVE SIGNS

- Negative self-talk
- Poor concentration
- Memory problems
- Rigid thinking
- Indecisiveness
- Paranoia
- Obsessions
- Confusion
- Intrusive thoughts
- Delusions

PHYSICAL SIGNS

- Fatigue
- Muscle tension
- Sleep disturbances
- Breathlessness
- Heart palpitations
- Aches & pains
- Tremors
- Digestive issues
- Sexual difficulties
- Weight changes

HOW WE CAN HELP YOU

At Mind Health we provide personalised, evidence-based care, shaped around what you're actually dealing with.

Therapy at Mind Health can help you:

- Develop healthy coping skills
- Work through challenges & build resilience
- Grow self-awareness
- Manage stress, anxiety and low mood
- Work through past traumatic experiences
- Work towards the life you want

With our safe, supportive space & professional guidance, we'll work through it with you.

Take the first step.
Reach out to Mind Health today.

Scan to book
an appointment online
or call 1300 084 200



7 PILLARS FOR A HEALTHY MIND

1. HABITUAL SELF-CARE
2. EMOTIONAL RESILIENCE
3. ACTIVE LEARNING
4. LIFESTYLE MANAGEMENT
5. THERAPY & SUPPORT
6. HEALTHY CONNECTIONS
7. YOU TIME

mindhealth.com.au