



WHAT TO EXPECT

MENTAL HEALTH CONSULTATION



1. Initial Consultation

Expect confidentiality, empathy, and enough time to share your thoughts. Your Psychologist will assess your symptoms, risks, triggers, support, history, substance use, coping skills, and goals.



2. Subsequent Consultations

Sessions will focus on working towards meeting your goals and reducing symptoms. If multiple professionals are involved, we can liaise as needed (with your consent).



3. Your rights and support

You can ask questions, raise concerns, and request a second opinion.



Contact Information

Navigate Challenges. Cultivate Growth.

Get in touch today to learn more, see our availability, or book a session.

3A BLAKE STREET, NORTH PERTH WESTERN AUSTRALIA 6006, AUSTRALIA

PHONE: (08) 6285 5110

EMAIL: ADMIN@AMARAWELLNESSPSYCHOLOGY.COM.AU

SOCIALS



@Amara Wellness & Psychology



@Amarawellnesspsychology



@Amara Wellness & Psychology

Visit our website:





References

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