



WELLS PSYCHOLOGY

Perinatal Counselling + Support

Wells Psychology offers safe and supportive counselling to mothers and families. Consultations can be conducted in-clinic or via telehealth.

Treatment Areas:

- Perinatal difficulties inc. antenatal & postnatal depression and anxiety, OCD, trauma
- Non-directive pregnancy counselling support for a current, recent, or intended pregnancy
- Parenting and family issues inc. adjustment to parenting
- Matrescence: navigating the motherhood transition
- Stress management
- Anger and emotional regulation
- Self-esteem, self-worth and self-confidence
- Perfectionism and unhealthy standards
- Communication, interpersonal skills and boundary setting
- Sensory regulation, mindfulness and relaxation

Contact



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