

## Advocacy & Interpreter Fact Sheet

### ABOUT LIFE MATTERS PSYCHOLOGISTS

Life Matters Psychologists believes in helping people to thrive. Our mission is to provide timely and accessible care of the highest quality to kids, adults and organisations. We offer a range of health and wellbeing services including psychological assessment and counselling, educational and online therapy programs as well as corporate leadership and workplace services. Committed to quality in all that we do, we help people cultivate self-worth, build resilience and grow in mental wellness in order to thrive.

Life Matters Psychologists is committed to delivering best practice ethical standards in all areas of our business.

#### **For the individual we provide the following psychological services:**

- psychological assessment and counselling in many clinical areas;
- Cognitive Behaviour Therapy (CBT), Acceptance and Commitment Therapy (ACT), Dialectical Behaviour Therapy (DBT), Mindfulness, Eye Movement Desensitisation Reprocessing and other evidence-based therapies;
- psychological assessment and counselling for workers compensation related rehabilitation;
- Employee Assistance Programs (EAPs);
- Behaviour Assessment and Behaviour Management Plans;
- social and emotional development programs for children;
- online mental health assessments and cognitive assessments; and
- workshops in resilience, well-being, insomnia management, stress management and Building Effective Workplace Relationships.

Conveniently located in Hamilton, NSW, we are pleased to advise that we can see clients within five days and more than 95% of clients recommend our practice.

### CLIENTS

Clients of Life Matters Psychologists fall into one of the following categories: NDIS Participant; private self-funded client; public-funded clients through certain Local Health Districts; Private health insurance clients; Clients covered by Work Cover; and DVA-funded clients. Life Matters Psychologists is committed to providing quality services to all its valued Clients. Specialised advocacy and interpreter services can be provided by the NDIS at no cost.

## ADVOCACY

Participants can visit <https://disabilityadvocacyfinder.dss.gov.au> and simply enter their State or Postcode to identify all advocates in their area.

## INTERPRETER

Participants can visit <https://www.ndis.gov.au/contact> to identify all relevant Interpreters. Alternatively, Participants can telephone 131 450 to obtain all relevant Interpreters.

## FURTHER CONTACT

In the event that further information is needed, please contact us:

by mail: Life Matters Psychologists 29 Donald St Hamilton NSW 2303

by email: [info@lifematters.com.au](mailto:info@lifematters.com.au)

by visiting our website: [www.lifematters.com.au](http://www.lifematters.com.au)