

General Information 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.

We are 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;
- Private health insurance clients;
- Medicare clients;
- Client Organisation funded EAP clients;
- Clients covered by iCare or Work Cover;
- DVA-funded clients; and
- Victims Service and other publicly funded clients.

IF THERE'S AN ISSUE

In the first instance, the Client should contact the General Manager:

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

by phone: 02 4965 3530

by email: info@lifematters.com.au

By contacting us we will be able to work through the available options and recommend the best one for you.