

Privacy 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;
- 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

Life Matters Psychologists is committed to providing quality services to all its valued Clients.

Life Matters Psychologists' Privacy Policy & Procedures ensures that Life Matters Psychologists has an effective, efficient and lawful approach in collecting, using, disclosing, storing, securing and disposing of your Personal Information.

IF THERE'S AN ISSUE

Personal Information is information or an opinion that identifies an individual. You may access the Personal Information we hold about you and to update and/or correct it, subject to certain exceptions.

If you wish to access your Personal Information, please contact us:

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

by email: info@lifematters.com.au

by phone: 02 4965 3530

Life Matters Psychologists will not charge any fee for your access request but may charge an administrative fee for providing a copy of your Personal Information.