

PSYCHOLOGY & COUNSELLING SERVICES

WE ARE HERE TO HELP & LISTEN



People First Allied Health

CARE TAILORED TO YOU

WHO ARE WE?

Our **Registered Psychologists** are now accepting **new referrals** under a **Mental Health Care Plan (MHCP)**. We provide timely, accessible, and high-quality mental health support for **children, adolescents, and adults**.

Flexible Telehealth Access

To enhance accessibility and reduce barriers, we provide **Telehealth (video)** sessions nationwide, allowing patients to access care conveniently and safely.

How to Refer

Please email referrals directly to:

✉ info@peoplefirstalliedhealth.com.au

➡ Attach the Mental Health Care Plan (MHCP).
For enquiries or support, contact us on:

☎ **1300 850 407**



Why Refer to Us?

Our clinicians deliver compassionate, inclusive support grounded in best practice.

We are proudly:

- ✓ Neuro-affirming
- ✓ PDA-affirming
- ✓ Holistic and person-centred in our care approach

Therapies We Provide Include:

Our psychologists utilise a range of evidence-based approaches, including:

- Acceptance and Commitment Therapy (ACT)
- Cognitive Behavioural Therapy (CBT)
- Mindfulness-based interventions
- EMDR (Eye Movement Desensitisation & Reprocessing)
- Hypnosis
- Trauma-informed approaches
- Holistic and person-centred care frameworks

CLINICAL EXPERTISE INCLUDES:

- Anxiety, depression & mood disorders
- Trauma, PTSD & emotional regulation
- Stress, burnout & adjustment difficulties
- Grief, loss & life transitions
- Chronic pain & health-related adjustment
- Relationship & social connection challenges
- Behavioural and developmental concerns
- Carer stress & compassion fatigue