



Providing Health & Wellbeing Solutions

## PSYCHOLOGY & COUNSELLING SERVICES



With Registered Psychologist  
Brigid Morrigan - Albany

### Why would I see a Psychologist or Counsellor?

With the many ups and downs that life often delivers, it makes sense to check-in with our mental health, just like we would if we needed to see a doctor about our physical health and wellbeing.

There are many and varied reasons that you may consider seeing a Psychologist or Counsellor.

At Amity Health, our Registered Psychologist Brigid, will see clients aged from 10 to 67 years for various reasons including anxiety, depression, grief, stress and trauma related difficulties, and other emotional and self-regulation concerns.

### Who can benefit from Psychology or Counselling services?

#### Children 16 years and under

As a parent or caregiver to a child from 10 to 16 years, you will be invited for an initial appointment to discuss the concerns you may have for your child.

Following this appointment, sessions will be offered to your child to help them develop the tools and skills to manage the challenges they may facing. Parental & caregiver attendance at sessions, is offered if appropriate.

#### Young People and Adults

If you are between 17 and 67 years and experience mild to moderate mental health concerns, an initial appointment with Brigid is a great starting point!

From this appointment we can discuss areas that you'd like to work on to help navigate the issues and challenges you that may be impacting your life.

### How are these services offered?

Brigid currently operates from the Amity Health office in Albany and offers in-person sessions from Mondays to Wednesdays.

Telehealth options are available if required.

### What if I have an NDIS plan?

If you or your child have an NDIS plan, you can access our Psychology and Counselling services to assist with your mild to moderate mental health difficulties.

### How can I get a referral?

- Families and individuals can self-refer directly to Amity Health or speak with your GP and discuss if a Mental Health Plan is an option.
- Under a Mental Health Plan you can access the Better Access Program for applicable rates via Medicare - there will be a GAP payment so please discuss this in advance.
- Amity Health is an approved NDIS provider and sessions can be accessed using this funding where appropriate.

Note: Private Health Insurance may cover your appointments depending on the level of your cover.

For further information please  
contact Amity Health on

**(08) 9842 2797**

Or visit our website at  
[www.amityhealth.com.au](http://www.amityhealth.com.au)