



Living Well

Psychology Clinic





About Psychology

Psychology is the practice of evidence based interventions to assist people with their thoughts, feelings and behaviours. Psychology offers a safe forum for people to externalise and process their thoughts, organise their feelings and make sense of their worlds. With the right insight and the right tools, people can embark on a journey of lasting cognitive and emotional wellbeing and resilience.

Personal Growth



Relationships



Wellbeing





Who We Are

Living Well Psychology Clinic is an established private practice that has been operating on the Central Coast for over ten years. We are known for our high level of warmth and professionalism and enjoy working with a wide variety of people and presenting concerns. Clinicians conduct their psychology services independently but in co-operation with one another for the benefit of clients and referrers.

Appointments can be arranged privately , through one's health fund or through Medicare.





About Living Well Psychology Clinic



- ❖ Principal Psychologist: Marguerite Schultz, Clinical Psychologist B.A. Psych. (Hons), MCounselPsy, MCLinPsy, Assoc MAPS.
- ❖ Melissa Hill, Registered Psychologist, BSc, Post Grad Dip Counselling, Psychology MAPS
- ❖ Tilda Patton, Registered Generalist Psychologist, B.A. (Hons) MCLinPsy, MAPS.



Psychological Services

Psychology offers numerous tools and insights to enable clients to make sense of their struggles and find solutions that bring relief and meaning.

List of some of the more common areas that people seek psychological help for :

- Various anxiety presentations, including generalised anxiety, trauma, OCD, phobias, panic disorder and social anxiety
- Various depression presentations
- Self esteem concerns
- Grief and bereavement





Psychological Services

List of some of the more common areas that people seek psychological help for.

- ❖ Various depression presentations
- ❖ Self esteem concerns
- ❖ Grief and bereavement
- ❖ Relationship and parenting counseling
- ❖ Disordered eating and other life controlling addictions
- ❖ Adjustment to stressful life events at home or in the workplace



**Call for Your Appointment:
(0243086603)**



Thank you



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