

# LOST DIRECTION?

It's okay, we're here to help.

Our team of Psychologists  
see children, adolescents  
and adults; because  
sometimes we need  
guidance to get through  
life's challenges.



Towards happier,  
healthier lives.

**CONTACT US**

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[www.directionpsychology.com.au](http://www.directionpsychology.com.au)

Helping people  
towards happier,  
healthier lives.



## WHY US?

Because we genuinely care. We know that life can be challenging, and we are here to help give you the direction and support you need to get through life's ups and downs.

Our conveniently located clinics, North and South of the River Perth, have no wait-list, so you can get the help you need, when you need it.

## HOW WE HELP

We aim to empower you to live your best life through tailored, evidence-based and affordable therapeutic techniques.

Our services are suitable for children, adolescents and adults, and include individual, couple and group therapy, as well as psychological assessments and testing, so you can get the right support you need.

## ABOUT US

We are a team of Clinical and Registered Psychologists, who genuinely care about the mental health and well-being of people, families and the community as a whole.

Owned and operated by Clinical Psychologist, and mum of three, Karen Huggett since 2008, we aim to provide trusted support and guidance when you need it.

