

LACKING DIRECTION?

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

We believe employees
are like diamonds,
and their mental health
is an employers wealth.



Helping people
towards happier,
healthier lives.

Towards happier,
healthier lives.



CONTACT US

1300 322 068

www.directionpsychology.com.au

 **Direction
Psychology**



OUR SERVICES

We offer one on one therapy sessions, critical incident counselling and corporate workshops, all aimed at helping employees become happier and healthier; leading to a more harmonious and productive workplace.

Our clinics are conveniently located North and South of the River Perth, and we also offer critical incident response, support and counselling online.



WORKSHOPS

Our tailored two-hour experiential workshops are designed to address common workplace issues through education. Teaching communication and coping strategies to improve staff morale and overall well-being.

Our current workshops include:

- Stress Management
- Improving Emotional Resilience
- Dealing With Difficult People
- Mental Health First Aid

ABOUT US

We are a team of experienced Clinical and Registered Psychologists who genuinely care about the mental health and well-being of people.

We know that an employee's mental health can impact a business unit as a whole, and we aim to provide trusted support and guidance when it's needed.

