

# LOST DIRECTION?

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

Our team of Psychologists will come to you at your aged care facility, at no cost to you. Our psychological services are fully funded by the Australian Government.



Towards happier,  
healthier lives.

Providing  
Psychological Services  
in Residential Aged  
Care Facilities (RACFs)

**CONTACT US**

1300 322 068

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





## WHY FREE?

The WAPHA and Direction Psychology collaboration is a government funded initiative, to provide mental health care to our aged community.

RACF residents with, or at risk of developing, a mental illness are eligible. Those suffering with Dementia are eligible if they also have a diagnosis of anxiety or depression.

## HOW WE HELP

We know that life can become more challenging as we age, and we aim to help you get through later life's ups and downs through tailored, evidence-based therapeutic techniques.

A GP will need to refer you for our services. A referral can be requested by you, a family member, a carer, or the RN. Referrals must be sent to: [referrals@directionpsychology.com.au](mailto:referrals@directionpsychology.com.au)

## ABOUT US

Direction Psychology is a team of Clinical and Registered Psychologists, who genuinely care about the mental health and well-being of our aged community.

Owned and operated by Clinical Psychologist, and mum of three, Karen Huggett since 2008, Direction Psychology, in collaboration with WAPHA, aim to provide trusted support and guidance when needed.