Feeling anxious... depressed... worried?

Counselling can assist people to deal with difficult circumstances or to make positive changes in their lives. The University of Melbourne Psychology Clinic in North Melbourne provides low-cost psychological treatment and counselling for the general public (aged 15 and above). No GP referral required.
We can provide treatment for:

- **Stress**
- **Coping with physical illness**
- **Panic**
- **Coping with traumatic events**
- **Anxiety**
- **Social anxiety**
- **Worry**
- **Depression and other mood difficulties**

For more information, or to make an appointment, phone 9326 4774 or visit **www.psych.unimelb.edu.au/clinic**

We are currently running Healthy Eating Group Support to assist with motivation towards lifestyle changes that assist weight loss. Phone 9326 4774 for more information about this program.

dream large

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www.unimelb.edu.au

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