Chance for a chat with a psychologist

FREE psychological consultations will be available in Smeaton Grange until the end of 2010.

The University of Western Sydney is offering the sessions at its specialist psychology clinic.

Kathryn Nicholson Perry, from the School of Psychology at UWS, said the treatments could benefit a wide range of people.

“People may visit the clinics if they have a low mood that they cannot seem to shake, if they are struggling with some persistent fears, or if they are having problems in their relationships,” she said.

“People may also come to the clinics if they are trying to adjust to a health problem like cancer, or if they have concerns about their levels of drinking.

“Parents may also bring their children for an assessment if they are concerned about their progress in school.”

Dr Nicholson Perry said such problems were common and should be addressed.

“While everyone occasionally feels a little down or anxious, some people can experience these symptoms so intensely that it interferes with their life, work and relationships,” she said.

“It is for these people that the clinics can be of most benefit.”

Postgraduate students provide all the assessments and treatments under the supervision of experienced and registered clinical psychologists.

Treatment will be free until the end of 2010 and participants will not need a referral from a GP.

To make an appointment, call 9772 6686.