



## ANNA OUTRED

CONSULTANT PSYCHOLOGIST

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Anna works with adults who feel sad and lonely, nervous and anxious, have work or life related stress, concerns in their relationships, or those wishing to gain personal insight.

### ANNA'S INTERESTS INCLUDE:

- Depression
- Anxiety
- Adjustment difficulties
- Work-related concerns
- Study-related concerns
- Relationship difficulties
- Life transitions
- Communication & social skills
- Gender & sexual identity concerns
- Difficulties experienced by expats

### WHO SHOULD YOU REFER TO ANNA?



Adults seeking support in managing emotions, coping with daily stressors, or adjusting to life transitions.



Individuals that are part of the LGBTQIA+ community.



Expats working in the field, or seeking support during the transition and adjustment upon return.



Individuals that are having difficulties dealing with work-related stress or conflicts.



Anna consults from our **Sunshine** clinic

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# **VICTORIAN COUNSELLING & PSYCHOLOGICAL SERVICES**



VCPS practitioners operate out of seven locations across Melbourne:

East Melbourne - 62 Wellington Parade

Melbourne CBD - QV, 292 Swanston Street

South Yarra - 99 Commercial Road

Mill Park - 20 Civic Drive

Sunshine - 324 Hampshire Road

Richmond - 620 Victoria Street

Canterbury - 215 Canterbury Road

Telehealth - available anytime, anywhere



## **Languages available:**

Greek, Polish, German, French, Italian, Kannada, Hindi, Coorgi, Cantonese, Arabic & Mandarin.

**For all enquiries please contact:**

**Phone: (03) 9419 7172**

**Email: [reception@vcps.com.au](mailto:reception@vcps.com.au)**

**Web: [www.vcps.com.au](http://www.vcps.com.au)**