



DR. ANU PARADKAR

CLINICAL PSYCHOLOGIST

Anu works with adolescents and adults who are challenged by relationship difficulties, early trauma, emotional management or work and study related pressure.

ANU'S INTERESTS INCLUDE:

- Relationship difficulties
- Early trauma, including childhood sexual abuse
- Depression
- Anxiety
- Difficulties in managing emotions
- Work and study related pressure
- Lacking motivation and direction
- Anger management
- Life adjustment / transition difficulties
- Personality assessments
- Grief and loss

WHO SHOULD YOU REFER TO ANU?



Adolescents or adults who feel flat, anxious, depressed, lacking self-esteem or stressed.



Individuals who need help dealing with past trauma or a major life transition.



Individuals who are having difficulties within their personal relationships (e.g. partner, family) or in professional relationships (e.g. colleagues).



Individuals who are struggling to manage their study or work.



Anu consults from our **East Melbourne** and **Sunshine** clinics

T: (03) 9419 7172

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www.vcps.com.au

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:

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