



## EMMA O'CONNELL

CLINICAL PSYCHOLOGIST

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Emma works with adults challenged by anxiety, stress, mood management, trauma, self-esteem and relationships.

### EMMA'S INTERESTS INCLUDE:

- Anxiety
- Trauma recovery
- Depression
- Low self-esteem
- Relationship difficulties
- Substance abuse
- Grief and loss
- Life adjustment / transition difficulties
- Stress
- Health issues
- Issues affecting work or academic performance

### WHO SHOULD YOU REFER TO EMMA?



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



Adults adjusting to a major life change or transition, or people coping with physical pain.



Adults challenged by substance abuse/use or friends of family of the person using.



Individuals who feel like their relationship is no longer healthy.



Emma consults from our **East Melbourne** and **Richmond** clinics

T: (03) 9419 7172

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

**Phone: (03) 9419 7172**

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

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