



JUDITH SCOTT

CONSULTANT PSYCHOLOGIST

Judith works with adults who are experiencing day-to-day difficulties that can include stress, fear, low self-esteem, work and relationship difficulties, or emotional disturbances.

JUDITH'S INTERESTS INCLUDE:

- Fear
- Stress
- Low self-belief or self-esteem
- Work-related difficulties
- Anxiety or panic
- Depression
- Relationship difficulties
- Life transitions
- Rehab/Injury Counselling
- Adjustment difficulties

WHO SHOULD YOU REFER TO JUDITH?



Adults experiencing day-to-day concerns such as stress and low self-esteem, or emotional difficulties such as anxiety and depression.



Individuals who are experiencing difficulties within their relationships.



Individuals seeking to improve their work performance or resolve workplace issues.



Individuals that are experiencing ongoing fear, panic or phobias.



Judith consults from our **Melbourne CBD** clinic

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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, Sinhalese,
Cantonese, Arabic & Mandarin.

For all enquiries please contact:

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