



DR. RICHARD WISE

CLINICAL PSYCHOLOGIST

Richard works with adults and LGBTI clients who are having difficulties managing anxiety, stress and low mood, and particularly those that are challenged by substance use.

RICHARD'S INTERESTS INCLUDE:

- Low mood & depression
- Anxiety
- Stress
- Substance use problems
- Difficulty managing emotions
- Panic
- Post traumatic stress
- Irritability
- Decision making & impulsivity
- Personality assessments
- Gender & sexual identity issues

WHO SHOULD YOU REFER TO RICHARD?



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



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



Couples who want to work together to improve their relationship.



Individuals experiencing workplace stress or conflict.



Richard consults from our **East Melbourne** 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, Cantonese, Arabic,
Sinhala & Mandarin.

For all enquiries please contact:

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