



DR. RUSSELL DEIGHTON

CLINICAL PSYCHOLOGIST

Russell works with adolescents, adults and LGBTIQ clients who need help dealing with trauma, life crises, loss, addiction issues, or relationship difficulties.

RUSSELL'S INTERESTS INCLUDE:

- Trauma & accidents
- Grief and loss
- Addiction
- Substance abuse
- Stress management
- Life adjustment / transition difficulties
- Relationship difficulties (personal & workplace)
- Depression
- Anxiety
- Phobias
- Sleep & eating disorders

WHO SHOULD YOU REFER TO RUSSELL?



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



Individuals who need help dealing with trauma or a major life transition - such as veterans and survivors of accidents.



Couples or families who want to work together to improve their relationships.



Victims of crime or individuals that require court reports.



Russell consults from our **East Melbourne** clinic

T: (03) 9419 7172

E: reception@vcps.com.au

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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