



DR. TARA HICKEY
CLINICAL PSYCHOLOGIST
MINDFULNESS TEACHER

Tara works with adolescents and adults, and LGBTIQ clients, in coping with stress, anxiety, depression, trauma and troubled relationships that occur in both personal and work settings.

TARA'S INTERESTS INCLUDE:

- Adolescent issues
- Stress
- Anxiety
- Depression
- Trauma
- Psychosis
- Relationship difficulties
- Workplace pressures
- Grief and loss
- Life adjustment / transition difficulties
- Post-traumatic stress

WHO SHOULD YOU REFER TO TARA?



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



Individuals experiencing workplace stress or conflict.



Individuals who are experiencing conflicts within their personal or work relationships.



Individuals requiring a Disability Medical Assessment.



Tara consults from our **East Melbourne** clinic

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www.vcps.com.au

VICTORIAN COUNSELLING & PSYCHOLOGICAL SERVICES



VCPS practitioners operate out of eight locations across Melbourne:

East Melbourne - 62 Wellington Parade

Melbourne CBD - QV, 292 Swanston Street

South Yarra - 99 Commercial Road

Surrey Hills - 174 Union Road

Mill Park - 20 Civic Drive

Coolaroo - 510 Barry Road

Sunshine - 324 Hampshire Road

Richmond - Victoria Gardens Shopping
Centre, 620 Victoria Street



Languages available:

Greek, Polish, German, French, Italian,
Kannada, Hindi, Coorgi, Cantonese, Arabic &
Mandarin.

For all enquiries please contact:

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