



Better Self

PSYCHOLOGY

At Better Self, we provide psychological services to children, adolescents and adults, with the aim to make therapy accessible and rewarding to engage with.

Our team is comprised of highly skilled psychologists who provide consistent positive outcomes in a warm and caring environment.

HOW OUR TEAM CAN HELP

Our team can assess, diagnose and treat a broad range of mental health and behavioural concerns.

We provide evidence-based intervention, psychoeducational assessments and treatment plans to achieve your personal goals. The frequency and duration of our services are matched to suit your needs.

Our psychologists are committed to further education, completing regular professional development each year.

We don't aim for the status quo. We're seeking to go beyond, with a practice that is willing to go a little further and dig a little deeper to achieve lasting change.



OUR SERVICES

Adult Psychology

We support adult mental health and wellbeing concerns like anxiety, depression, stress, Post Traumatic Stress Disorder and more.

Child and Young Person Psychology

We work closely with children, young people, and parents/carers to assist with concerns affecting the child or young person.

Employee Assistance Program (EAP)

Our EAP partners with workplaces to provide confidential, short-term support to employees.

Eye Movement Desensitisation Reprocessing (EMDR)

EMDR is designed to help people process traumatic experiences, distressing memories and challenges.

Psycho-educational Assessments

We provide child psycho-educational assessments which are used to diagnose learning disorders.

Get in contact:

Phone: 08 8432 0007

Email: reception@betterself.com.au

Find out more:

[betterself.com.au](https://www.betterself.com.au)



ABOUT BETTER SELF

We provide supports and services to our clients of all ages built on trust, respect and equality, embracing diversity and valuing the experiences of everyone within our shared community.

We are proudly part of Lutheran Care, which was founded here in South Australia in 1969.

Our practice is built around a community of individuals and families, with the intent to provide clients with the skills, connection and experiences that may otherwise be missing in their lives.

REFERRALS AND COST

We proudly provide services under:

- Mental Health Care Plan (MHCP)
- Department of Veterans' Affairs (DVA)
- Employee Assistance Program (EAP)
- National Disability Insurance Scheme (NDIS)
- Private Health Funds (PHF)

Uncertain of whether our services are right for you? Book a 15-minute phone call with one of our psychologists to discuss your needs and we can help guide you to the right support.

READY TO FIND OUT MORE?

To find out more about how we can assist and which therapies may suit you, we invite you to get in touch.

Please email reception@betterself.com.au or call us on **08 8432 0007**.

Frequently Asked Questions

Do I need to see a psychologist?

If you're struggling with a situation, overthinking things, or simply feeling low, chances are a psychologist can help.

Can I attend without a referral?

Yes. Anyone may attend an appointment without a referral. That said, most Australians are eligible to access a Mental Health Care Plan through a GP, which provides up to ten rebates per calendar year that covers a large portion of the appointment fee.

Do you accept private health insurance?

Yes. We are registered with all major health insurance providers and have onsite HICAPS facilities to process your rebate. Contact your health fund beforehand if you would like to know the amount that will be rebated.

Can I use National Disability Insurance Scheme (NDIS) funding?

Yes. We work with self-managed and third-party plan managed NDIS funds.