

Psychological Health Assessment



With the prevalence of mental health issues becoming more widely known it seems prudent that we become proactive in managing our own emotional wellbeing.

A Psychological Health Assessment covers:

- Family and personal history risk factors
- Indicators of vulnerability to mental health issues
- Lifestyle supports
- Resilience skills
- Personal strengths and weaknesses

Following assessment you will be provided with feedback on the areas that are working well and those areas that may benefit from some tweaking. Simple strategies and recommendations will be provided to help you to develop your emotional strength.

Call Inner Resources on 0417 201 523 to arrange an assessment or discuss your requirements

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