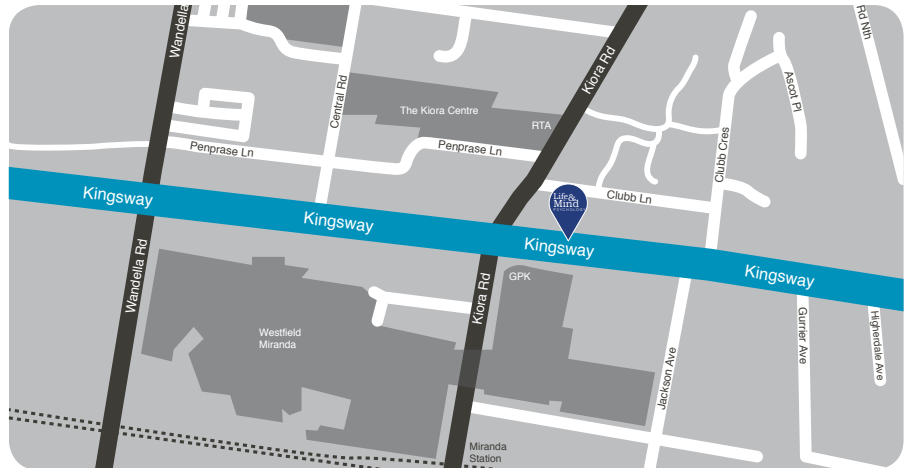


Welcome to the first newsletter for Life & Mind Psychology. These are exciting times!

### We Have Relocated

With a growing team at Life & Mind Psychology we have just relocated to new and larger premises. It is a wonderful, fresh space with comfortable furniture that ensures you will feel right at home from the moment you visit. We are still located in Miranda (on the Kingsway) with plenty of parking nearby as well as the train station and bus stops.



### Welcome Noni Jervis

First, we welcome Noni Jervis to the team. Noni is a registered Psychologist with a wealth of experience working in both public mental health and private practice. Noni focuses on working with adults who experience anxiety, depression (including post-partum) and stress. Noni also works with people who are struggling to adjust to major life events, are seeking parenting support and couples experiencing relationship difficulties.



### Blog

Life & Mind Psychology recently started blogging. This is a great way to learn strategies to look after yourself, and learn about issues such as anxiety and depression. Our recent blog supported BeyondBlue, who used Ben Mendelsohn (pictured) to educate people about anxiety, and encourage people to seek help. Our blog aims to help you maximise your wellbeing. Visit [www.lifeandmind.com.au/blog](http://www.lifeandmind.com.au/blog).



### New Website

We have launched our new look website where you will find all the information you need about our practice and our latest news. Visit [www.lifeandmind.com.au](http://www.lifeandmind.com.au) to take a fresh look at Life & Mind Psychology on the web.

That's all from us for now, we look forward to hearing from you soon.

Stephanie Allen

Principal Clinical Psychologist

