

Our Psychologists:

Adelaide Psychological Services is a private group practice with friendly and understanding female and male psychologists.

Our female psychologist is Gemma Johnson.

We provide skilled psychological services for diverse topics such as:

- Women's issues
- Pregnancy issues
- Postnatal depression
- Intimacy
- Coping with mood changes
- Dealing with negative thinking
- Trauma after childbirth
- Unexpected complications in childbirth
- Grief after pregnancy loss
- Relationship changes
- Coping with change including maternity leave
- Social isolation
- Adjusting to parenthood

Approach

We provide evidenced based therapy for women and coordinated assistance for partners, family members and children as required.



Adelaide Psychological Services

39 Augusta Street,

Glenelg East SA 5045

Phone: 08 8295 4150

Fax: 08 8295 4170

E-mail: info@psychadelaide.com.au

Web: www.psychadelaide.com.au



Women's Health and pregnancy



Helping women, mothers, partners and children.



Women's Health

Referrals

Medicare provides rebates if your GP completes a Mental Health Treatment Plan. Alternatively some Private Health funds provide rebates.

Further information is available on our website: www.psychadelaide.com.au or by phoning our receptionist on 8295 4150.



Early Intervention is key.

Women's Health

Relationship / intimacy issues
Sexual and physical abuse
Pain
Pregnancy
Infertility & conception issues
Insomnia of parents / children
Postnatal depression
Role change after birth
Weight issues
Exhaustion and fatigue
Family violence
Parenting
Anxiety, depression and phobias



Women's Health and pregnancy

Signs of postnatal depression

Common signs of postnatal depression are:

- Anxiety, depression and exhaustion
- Teary and irritable
- Feeling unable to cope, feeling overwhelmed and inadequate
- Loss of confidence
- Unable to sleep
- Negative thoughts about self / baby
- Loss of interest in sex and intimacy
- Difficulties bonding with baby or child

