



# Lifestyle Therapies & Training Solutions

...passionate about Allied Health in Queensland!

**Psychologists** are experts in human behaviour, and work directly with those experiencing difficulties, such as mental health disorders including anxiety and depression.

They work with many different adults and children to overcome relationship problems, eating disorders, learning problems, substance abuse, parenting issues, or to manage the effects of a chronic illness.

Individuals supported by Psychologists may experience difficulties due to some the following reasons:

- developmental delays within children and adults
- anxiety
- behaviour and social concerns
- eating disorders
- mental health concerns
- drug and alcohol and substance abuse – including addictions
- relationship concerns
- parenting concerns
- adjustment to injury
- chronic illnesses

*Australian Psychological Society (<http://www.psychology.org.au>)*

LTTS offers a range of therapies and assessments to help adults and children of all ages grow, learn, and play. We can help in the following areas:

- Developmental difficulties i.e. behaviour/ learning delays/ social development
- School difficulties
- Anxiety
- Relational concerns
- Injury concerns
- Chronic illness outcomes

LTTS can offer individual or group services in a variety of settings and locations (clinic, schools, aged care homes, childcares/kindergartens, community health centres, mental health services and home visits).

*LTTS is also an approved panel provider for the Better Start Program and Helping Children with Autism Program. Call us to today to see if your child qualifies for funding underneath either of these programs.*

**Contact us – 1300 994 854**

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