



U Matter PSYCHOLOGY

Psychology Services



We offer a range of therapies and evidence-based treatments in our clinic, online, through outreach and via telehealth for children, adolescents and adults. We provide support across a range of areas, including but not limited to: Anxiety Disorders, Phobias, Trauma, Obsessive Compulsive Disorder, Selective Mutism, Mood Issues and Depression, Autism, ADHD, Bi-Polar Disorder, Self-harm, School refusal, Bullying, Behavioural challenges, Anger management.



Psychological Assessments

We provide assessments to assist children, adolescents and adults with a range of developmental, cognitive and learning differences. Our assessment services include: Autism, Attention Deficit Hyperactivity Disorders (ADHD), Psychometric testing to assess intellectual and academic achievement, Developmental Assessments, Giftedness, Learning disorders such as dyslexia and dyscalculia, Vocational Assessment and Career Guidance. Find out more ...



Child, adolescent and family therapy

Closer together through therapy. Family therapy helps resolve conflicts, improve communication, and strengthen relationships. Create a healthy and supportive atmosphere within your family.

Child and adolescent therapy provides a safe space for expressing and understanding emotions, developing communication and coping skills, and supporting parents in supporting children and teens.

Empowering people towards emotional wellbeing and fulfilled potential

✉ info@umatterpsychology.org.au

🌐 www.umatterpsychology.org.au

📞 0447 788 339

☎ (02)4677 0979



U Matter Psychology is a not-for-profit practice funding services for marginalised and vulnerable young people across South-West Sydney.





U Matter
PSYCHOLOGY

Empowering adults, children, young people and families to overcome challenges, build resilience, recognise strengths, and cultivate a fulfilling life

SERVICES AVAILABLE:

- PSYCHOLOGICAL THERAPY
- ONLINE THERAPY
- PSYCHOLOGICAL ASSESSMENTS [INCLUDING COGNITIVE, ACADEMIC, ADHD, AUSTISM]
- NDIS
- GROUP THERAPY PROGRAMS
- COUNSELLING
- CASEWORK SUPPORT

FOR CHILDREN, YOUNG PEOPLE, ADULTS AND FAMILIES

TO BOOK IN AN APPOINTMENT CALL (02) 4677 0979

OR EMAIL

info@umatterpsychology.org.au

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OPERATED BY HUMANITY MATTERS INCORPORATED
SUPPORTING SERVICES FOR VULNERABLE YOUTH

