

## ASSIST Therapy Services – psychology



ASSIST Therapy Services psychologists provide a range of services, including:

- emotional wellbeing (individual counselling and group therapy)
- behavioural assessment and support
- mental capacity and decision-making (assessments and recommendations).

Psychologists work in a team alongside other therapists (speech pathologists, occupational therapist, physiotherapists, dietitians) to make a positive difference for people who are eligible for disability support services.

### Emotional wellbeing

We can help if you are experiencing changes or difficulties in your daily life that:

- feel to be too much to manage
- are causing issues at work or home
- are making you feel sad or anxious or angry or lonely.

We can speak with you and figure out what is happening for you.

We can speak with other people who understand your situation, with your consent.

We can decide together about what can happen in the future to improve your feelings of wellbeing.

Stress management and mental health can be helpful topics of our conversation.

The specialist team will work with you, whatever your disability and needs.

We run groups to help you develop anger management skills, if that is one of your goals.

You are in control of the choices you make, the goals you set for yourself and the positive outcomes toward improved mental wellbeing.

We will listen to you and work out ways to meet that your goals.

## **Behavioural assessment and support**

We all use a range of behaviours to try to cope: some that are helpful and some that are not. We can support you to find the helpful ways when you are having strong emotions such as sadness, anger, or frustration.

We can help you:

- work out why unhelpful behaviours occur
- work out other ways to cope with unpleasant emotions and meet your needs
- prepare a behaviour support plan to help reduce unhelpful behaviour and improve your daily life.

Unhelpful behaviours could include those that cause you problems at home, difficulties in your relationships, problems in work/day activities, or put you at risk of hurting yourself or others.

## **Mental capacity and decision-making assessment**

The South Australian Civil and Administrative Tribunal (SACAT) offers a service to protect and empower people who may lack the mental capacity to make their own decisions. ASSIST Therapy Services psychologists can conduct formal assessments of capacity that determine the kinds of decisions someone can make.

<http://www.sacat.sa.gov.au/>

An ASSIST psychologist can give you and SACAT their opinion about:

- the types of decisions you can make on your own
- the types of decisions you can make with the support of a responsible person
- decisions that may be too difficult for you to make.

Examples of important life decisions where help might be needed include:

- managing your money
- deciding where you live and with whom you live
- deciding what you might do during the day (such as working or day option activities)
- deciding on the kind of health care you receive.

## **Contact ASSIST Therapy Services**

Phone 1300 745 477 or 8266 5260

Email [DCSIDisabilityASSISTreferrals@sa.gov.au](mailto:DCSIDisabilityASSISTreferrals@sa.gov.au)

## **Contact Disability Information Service**

General enquiries

Phone 1300 786 117 (9.00 am to 5.00 pm)

Email [disabilityinfo@sa.gov.au](mailto:disabilityinfo@sa.gov.au)

