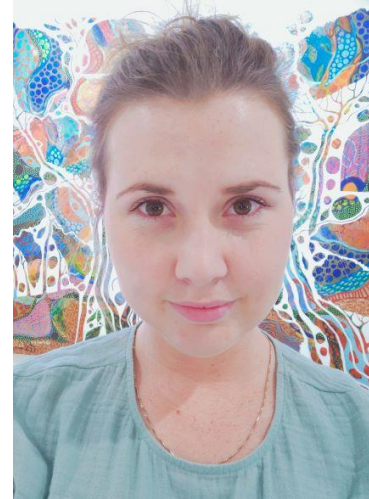




### What does psychology intervention help with?

Hanna is a strengths-based and creative clinician who aims to help others find meaning and a path toward the goals. Hanna provides person-centred approach, meaning we work together at your pace on the things that are important to you, in a way that makes sense and matches your abilities and strengths.

Hanna works with people aged 15+ experiencing stress, anxiety, depression, stress or burn out, carer burn out, and relationship challenges. Sometimes this may be related to the challenges in the world that do not accommodate to all abilities, or with coping with changes to one's abilities or loss of function. She takes a practical and compassionate approach to helping people build or maintain their independence and functioning, such as increasing social engagement, participation in the community, or skill development in any areas people are wanting to upskill or gain confidence.



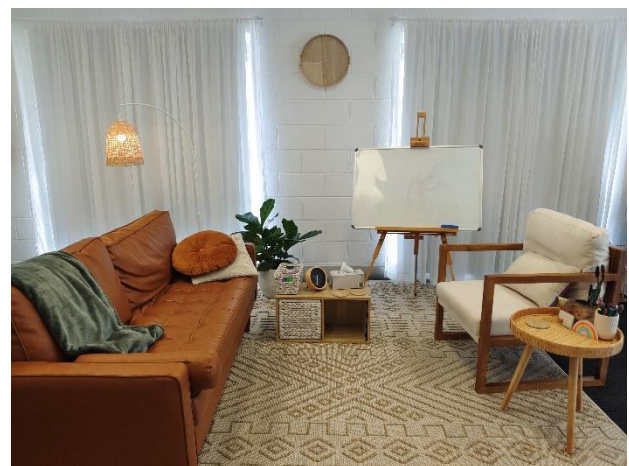
### How can Psychology support NDIS participants?

Hanna Lanyon is a Clinical Psychologist experienced working within the NDIS and community mental health. Hanna can provide support with preparing participants for NDIS reviews, writing functional capacity reports, and explaining NDIS language and helping participants keep calm during the process. Hanna is passionate about educating participants to engage safely and maintain boundaries with professionals/ support workers to reducing the risk of over-spending or inappropriate relationships. As well, psychological education and strategies can help people get more fulfilment from their relationships and their lives, as well as build their capacity in a range of areas.

### Accessibility

Hanna accepts Plan and Self-Managed clients, and is not NDIS registered. The office is wheelchair accessible and to persons of all abilities. Video/phone call is available, and community or home visits may also be available.

Hanna is skilled and welcoming of the LGBTIQAP+ community and is supportive of talking with clients about relationships and sexuality. In particular developing healthy, skilled and fulfilling communication and relationships of all kinds (with partners, friends, or the greater community).



To make a referral, you can email or fax on details above. Hanna is happy to discuss the suitability of your or your client's situation over the phone also or have a brief phone call introduction so the client to work out if it is the right fit for them. We look forward to working with you and speaking with you to find out how you may benefit from working together. Contact us to find out more!