



# inside out

psychology

PERTH METROPOLITAN SOUTH

At times everyone feels overwhelmed, stuck or just not coping like they used to...

As a Psychologist I provide insight and strategies that help build health, wellbeing and resilience.

**Mark Webb**  
Principal Psychologist



*Health. Well Being. Resilience.*

# Welcome

Mark works with individuals, couples and groups addressing a range of difficulties including depression, anxiety, stress disorders, adjustment disorders and grief.

His areas of special interest include: mindfulness, work related stress and interpersonal issues.

Mark is also enthusiastic about contributing from his knowledge and expertise in order to assist organisation's to grow, change and be effective. He also assists people seeking vocational counselling and career guidance, mentoring and coaching, and life transitions and adjustment difficulties.'

## Mark Webb

**Principal  
Psychologist**

*BSc (Psych) Hons  
Psych (ECU)  
BBus MBL (Curtin)  
MAPS*

Registered -  
Australian Health  
Practitioner  
Regulation Agency  
(AHPRA)

## What to Do Next...

- 1 Make an appointment to see your General Practitioner (GP) and discuss with them your areas of concern and your mental health.
- 2 Through this discussion with your GP you can request a Mental Health Care Plan. This Plan will allow you to access a Medicare Rebate for 10 appointments per annum which gives you back some of the costs. (Note – you can access our services without a Mental Health Plan.)
- 3 Call or email to make your first appointment.

## People We Help

- Men
- Women
- Gender/  
Sexuality
- Couples
- Young People
- Children

## We Can Help You...

- Anxiety
- Depression
- Posttraumatic  
Stress
- Relationship  
difficulties and  
Couples
- Workplace  
Issues
- Stress
- Grief and Loss
- Child and  
Adolescent  
Behavioural  
Challenges
- Alcohol and  
Drug problems
- Anger

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