



## I want to speak to a Health Psychologist

### Who is a Health Psychologist?

A health psychologist is a university-qualified allied health professional who specialises in promoting health behaviours. They have knowledge and skills in understanding how social factors interact with psychological, physical and behavioural factors to impact health and wellness.

### What do they do?

- Develop and evaluate interventions and treatments that enhance health and wellbeing
- Promote positive health behaviours and reduce harmful behaviours such as smoking, poor diet, and physical inactivity
- Assist people manage illnesses and their associated problems
- Develop education and behaviour change programs to help people recover from or self-managed chronic illness, trauma, injury, or disability
- Identify and treat the psychological impact of illness
- Work to improve health systems and the relationships between health professionals, doctors, nurses, and other psychologists to encourage recovery from illness and injury

If you would like to speak to or secure an early appointment with a Dietician, please contact Working Life Toll Free 1300 369 072 or [mail@working-life.net](mailto:mail@working-life.net)

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