



# Psychological Counselling

*stressed*

*worried*

*depressed*

*tired*

**Learn to cope with your heart  
condition and make healthy  
lifestyle changes**

Confidential counselling and therapy  
by experienced Psychologists



AUCKLAND  
HEART  
GROUP

♥ Seeing a Psychologist can help with understanding and managing the stresses of having a heart condition both for patients and their families. We can assist you to make healthy and positive lifestyle changes.

♥ Learning to manage:

Stress

Worry/Anxiety

Depression

Sleep problems

Fatigue

♥ Adjusting to a heart condition:

Palpitations

High blood pressure

Chest pain

♥ Planning a healthy lifestyle:

Weight loss and diet

Relationships/family concerns

Sexual activity

We are experienced psychologists who work alongside the Auckland Heart Group Cardiology team to provide effective, comprehensive care.

To make enquiries or book an appointment  
please contact us:

♥ Auckland Heart Group: 09 623-6377 or 09 623-1020.

♥ Email Iris:

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♥ Email Liz:

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