

## **LINDSEY HELMER- PSYCHOLOGIST MARLBOROUGH OPTIMUM WELLNESS CENTRES**

Lindsey can deliver short and long-term mental health care services to clients with a variety of mental health issues. The can include self-regulation of moods (anxiety & depression), trauma (physical & emotional), family dynamics, self-care, relationships, life skills, managing workplace conflict, anger management, pain, chronic illness management, workplace injuries, motor vehicle accident (trauma & pain), grief, couples counseling, and well as high-stress management.

Using a positive, strength and thought-based psychological approach; Lindsey enjoys working collaboratively with clients to help them achieve their goals and move in a healthier direction. She can help you work on building and adapting your current life skills and abilities to generate healthy skill-sets to reach your personal goals and increase success in your daily life, relationships and career.

Lindsey Helmer is a Registered Psychologist with more than 15 years of experience in the mental health field. She received a Master's Degree in Science for Counseling Psychology, and a Bachelor of Science Degree in Science Psychology and Biology. She also belongs to the Psychological Association of Alberta. Lindsey is approved to provide services for private insurance companies.