

AMIMA

AMIMA

The Amima difference

WE'RE MODERN AND PROFESSIONAL

We aim to remove the traditional stigma attached to receiving treatment for mental or emotional issues.

WE DON'T JUDGE, WE EVALUATE

We don't impose our own values, we help people realise their own value.

WE'RE INCLUSIVE AND WELCOMING

We engage with our clients and make them an integral part of the process, as a result of this approach we gain a greater understanding of our clients, and they in turn understand that they are at the centre of the treatment. They feel welcomed and safe.

WE USE PROVEN METHODS

We use the best evidence based methods available and keep abreast of new developments and treatment options.

WE IMPROVE LIVES

We deliver lasting results with real benefits for the real world. We provide our clients with the tools to defuse and prevent situations. We improve the lives of our customers, and the lives of those around them.

WE UNDERSTAND OUR CLIENTS

We put in the time required to understand our clients and their needs.

483 Milton Road
Auchenflower Qld 4066

PO Box 2079
Ashgrove West Qld 4060

P 07 3514 9170
E info@amima.com.au

amima.com.au

Our Services

UNFOLDING
MINDS
.COM



AMIMA

Amima provides a range of services for adults, families, adolescents and children along with tailored EAP programs for organisations.

AMIMA STRIVES TO DELIVER HIGH QUALITY MENTAL HEALTH SERVICES AND TO PROMOTE WELLNESS.

At Amima we believe that mental and emotional issues should be treated with the same level of openness as physical health. We aim to remove the stigma attached to receiving treatment for mental or emotional issues.

Amima seeks to deliver a comprehensive service with excellence, competence, compassion and integrity. The provision of a quality service is a responsibility that Amima takes seriously and it is this passion that keeps us at the forefront of our industry, ensuring that our services and processes are the best available.

Our services

Anxiety Disorders	Work Related Issues
Depression	Anger Management
Bipolar	Mediation
Addictions	Trauma and Abuse
Low Self-Esteem	Domestic Violence
Self Development	Mindfulness Training
Relationships	Social Anxiety
Career Counselling	Life Evaluation
Grief and Loss	Consultations (LEC)
Post-Traumatic Stress	

WORKSHOPS AND TRAINING

We design and run groups and workshops covering a range of subjects including coping with mental health issues in families, grief and loss, mental health support first aid, stress management and personal development.

EMPLOYMENT ASSISTANCE PROGRAMS (EAP)

Our EAP programs at Amima are flexible and tailored to the needs of our customers. Each EAP program is designed to suit individual organisations and their staff with input from your organisations' human resources staff encouraged and welcomed during the design and planning process.

Our packages can include a wide range of services such as a wellness program. We recognise that every organisation has its own corporate identity and culture so a combination of the services that best suit your workforce will be offered rather than a one size fits all approach.