

NewPsych Connect

Peer Support

Our Adjustment Support Sessions are designed to help you settle in and find your rhythm with confidence. They provide a valuable opportunity to navigate the practical and personal adjustments of a new workplace while ensuring you feel fully supported every step of the way.



Focus Areas

- Exploring your motivation for joining Newpsych, along with lessons and experiences from previous workplaces
- Knowing who to go to for different questions or concerns
- Identifying key workplace strengths - colleagues, resources, diary, admin support etc
- Navigating areas for improvement, from balancing your workload and connecting with the team to handling everyday practicalities like parking and the coffee machine

What's Offered

3-4 Sessions

Held within your first few months at Newpsych

30-Minute Format

With a long-term, experienced NewPsych psychologist

Informal & Ongoing Support

Continued access to support after your sessions conclude