



**EMPOWR**  
- Health Collective -

# TELEHEALTH PSYCHOLOGY SERVICES

*Your mental health, your space, your pace.*

Our telehealth clinical psychology services make quality mental health care accessible no matter where you are. Whether you're at home, in a rural area, or balancing a busy schedule, you can now connect with an experienced psychologist through secure, private online sessions.

## Why choose Telehealth?

- Convenience – Attend sessions from home, work, or while travelling.
- Accessibility – Perfect for those with mobility, disability, or geographic barriers.
- Flexibility – Greater appointment availability, including after-hours options.
- Continuity of Care – Keep up with therapy even when life changes or you can't attend in person.

## How it works

1. Send us your referral.
2. Book your session with our reception staff. Online bookings coming soon.
3. Receive your secure video link.
4. Join your psychologist at your appointment time from any device.
5. Continue your care with ease and confidence.

## Services Available

- Individual therapy (adults, teens, children)
- ADHD and ASD assessments
- Functional Capacity Assessments, Cognitive Assessments
- Support for trauma, anxiety, depression, stress, and more

## Your privacy, our priority

All telehealth sessions are conducted via secure, encrypted platforms to protect your information and ensure confidentiality.



Book your telehealth session today

[www.empowr.com.au](http://www.empowr.com.au)

[contact@empowr.com.au](mailto:contact@empowr.com.au)

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