



BE YOU BE HEARD

Tailored for the marginalised, the ones who need a champion, our service is specifically for you.



Harrison

M.A.C.A BBehavSc MCouns M.O.T.A BHScOcc GradCertHScMhA



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We don't just say our values, we live them. Bringing this values-centred approach to every aspect of our company, we always encompass wellbeing, respect and a non-judgement regard working with our clients from all walks of life.

We work with clients to redefine possibilities through quality psycho-social supports. We understand that goals can be varied as backgrounds and experiences differ among clients. Because of this, we take pride in being able to respond swiftly and adapt to clients needs.

Whether you need help with anxiety, an assessment for functional capacity, skills for socialising or an appointment with one of our Mental Health Occupational Therapists or Mental Health Counsellors, we've got you covered – at home or via telehealth!

If you would like to know more, please visit our website below or call us directly to discuss the right supports for you.



Mental Health Occupational Therapy

- Habit & Routine Setting
- Sleep, Stress & Pain Management



Mental Health Counselling

- Anxiety & Depression
- Grief & Loss
- AOD



Assessments

- Return to Work/School
- Functional Assessments
- Psychometric Assessment



Workshops & Presentations

- Enhancing Resilience
- Tools for De-escalation
- Holistic Leadership



Tailored Group Programs

- Social Skills
- Anxiety Management
- Mental Health Awareness



(+61) 0494 121 878



wellness.com.au



admin@wellness.com.au

