

PROVIDING SUPPORT FOR

COUPLES AND FAMILIES



OUR TELEHEALTH OPTIONS

The new Medicare Bulk Billing arrangements mean that any adult with a valid Mental Health Care Plan can continue to access psychology services via Telehealth with no out of pocket expense.

Private Health funds also allow sessions to be provided over Telehealth. Telehealth sessions are confidential and effective, though modifications to the type of therapy provided may be required.

Our psychologists are available for:

- *Individual sessions*
- *Couples sessions*
- *General psychological support (anxiety, depression, stress, adjustment)*
- *COVID-19 related distress (home school challenges, reducing isolation, family and home co-working arrangements)*