



If you can change your mind,
your life can change too. The
power to recreate the world
around you...lies within you.

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Contact

0400 161 772
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www.deepspeak.com.au



Who We Are

Deep Speak is a private mental health service. As you dig deep and talk about what really matters, we will be there. We aim to help you grow from your challenges, heal from your pain, learn your potential, and move forward with the tools to take control of your mind and life.



Lauren Cavati

B Psych, M Social Work



Who we can help

- Parents and Families
- Individuals
- Couples
- Adolescents
- LGBTIQ+ people
- NDIS participants

Lauren is the Founder of Deep Speak and works with a wide range of clients. Lauren has over ten years of experience in the field of mental health. Lauren is passionate about providing person centered care in a non-judgmental, safe and nurturing environment.

We Can Help with

Psychological or Situational Concerns

- Depression
- Anxiety
- Trauma
- Mood disorders
- Attachment disorders
- Post traumatic stress disorder
- Obsessive compulsive disorder
- Substance misuse
- Self harm / suicidal thoughts
- Life changes or challenges
- Relationships
- Parenting
- The perinatal period
- Grief and loss

Where we can connect

Our service is physically based in Townsville, QLD, however we deliver support in various ways.

Sessions can be held:

- In your home
- In the community
- In our counselling clinic
- Via Video/Phone