



Nursing The Mind counselling services

Nursing The Mind counselling services are available onsite in Ringwood North, and online via Zoom. I am a Counsellor & Credentialed Mental Health Nurse (CMHN) and I have spent the last 15 years working in a range of community health programs including headspace and Primary Health Network (PHN) funded programs. I am registered with [AHPRA](#), [PACFA](#) and the [ACMHN](#).

I have experience providing counselling for a range of health issues including:

- Anxiety, depression and emotional dysregulation
- Chronic illness and pain management
- Women's health
- Complex care and care coordination
- Youth mental health

I also specialise in **medical and religious trauma**. I believe in inclusive health practice and creating a safe environment for people to share their story and their struggles.

For those wishing to access Medicare rebates, CMHN's can offer up to 5 sessions under Medicare's **Team Care Arrangements (TCA)**. CMHN specialist services are for people requiring support to manage chronic conditions and complex health needs. A school, community or allied health worker needs to be involved for you to access this service. I recommend completing their details on the next page to share with your GP so they can assess your eligibility.

TCA services include:

- Biopsychosocial health assessments
- Mental health recovery planning and care coordination
- Brief intervention counselling

Please note:

GP referrals are not required for full-fee services, yet they are beneficial for care coordination. Mental Health Treatment Plan rebates are not available.

60 minute session*	\$120
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*Medicare rebate is \$58.30.



To book an appointment please call me on 0492 008 886 or see my [website](#) for further details.

Kind regards,

Jacqui Cousins
Counsellor | Credentialed Mental Health Nurse
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Please complete these details to assist your GP in preparing a Team Care Arrangement:

Name of Community Worker	
Agency / School	
Contact email	
Contact number	

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