

# FocusOne Coach

1:1 targeted and brief mental health coaching for adults experiencing everyday life challenges

You will benefit from coaching with a suitably qualified Low Intensity Cognitive Behavioural Therapy (LiCBT) Practitioner and will receive a workbook specific to your problem or concern. You will meet with the LiCBT Practitioner weekly for up to 8 weeks. LiCBT services are available to community members in the Riverland and Limestone Coast.

## Want to know more?

Referrals are received from GPs, community organisations and other health professionals. Alternatively, community members can refer themselves.



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