

Psychological Therapies

Short-term goal orientated mental health counselling for people experiencing common mental health problems of mild to moderate severity

Therapeutic short term counselling for people who have been diagnosed with mild to moderate mental health problems such as anxiety or depression. You will benefit from an evidence-based approach to help you build skills and strategies to better manage your mental health and related condition/s. Psychological Therapies services are available to community members in the Riverland, Limestone Coast and parts of the Mallee.

Want to know more?

Contact FocusOne Health or speak to your GP and request a referral (GP Mental Health Treatment Plan).



Funded by



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