

FocusOne Coach Client Information

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

What is the FocusOne Coach Program?

The FocusOne Coach program offers 8 sessions of structured goal-focused psychological interventions for problems such as:

- Mood changes associated with depression or lack of motivation
- Avoidance of situations (including social withdrawal) due to anxiety or depression
- Ongoing worries and anxious thoughts
- Panic attacks

Who Can Access the program?

Adults aged 18+ whom are experiencing a mild to moderate mental health condition.

What to Expect:

The first appointment will occur with a suitably qualified Low Intensity Cognitive Behavioural Therapy (LiCBT) Practitioner who will spend the session discussing what you are struggling with and how this is affecting your life. They will then work with you to identify goals to achieve over the 8-week course of treatment. You will receive a workbook specific to your problem/concern and will meet with your LiCBT Practitioner weekly either face to face or via phone.

Clients can expect to receive:

- 8 weekly individual counselling sessions, delivered via face to face or telephone
- Access to evidence based psychological low intensity therapeutic service
- Collaborative approach to care with your GP and other services involved in your mental health care
- Support in accessing the most appropriate service and supportive referral pathways
- Client centered approach to care
- Confidential service
- Excellent service provision from a team of highly skilled and qualified LiCBT Practitioners

Fees and Location:

This service is free and available at the following locations:

- Berri - FocusOne Health, 3 Riverview Drive Berri
- Mount Gambier - FocusOne Health, 13a Sturt Street Mount Gambier

This service can be accessed in any location across the Riverland and Limestone Coast via telephone

Referral:

To access this service contact FocusOne Health on 08 8582 3823, no formal referral is required

If you are in need of immediate care or in an emergency situation phone 000. FocusOne Health is not a crisis or emergency service. This information flyer should be read in conjunction with FocusOne Health's Customer Service Charter and Consumer Information Flyer.

Funded by

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